



Jr. High Summer Football

Conditioning Camp

This camp will be offered to any (2011) 7th or 8th grade future Royal. The camp will be run by High School and Jr. High Coaches along with High School football players. This camp will help get the future Royals ready to play Jr. High Football this Fall.

Camp will be held on the following Tuesday/Thursday:

June 7, 9, 14, 16, 21, 23, 28, 30 and July 12

Camp time will be from: 7th grade 5:45 to 6:50 PM 8th grade 6:25 to 7:30 PM

HSE High School– Check-in and pick-up will be at the entrance to the school by the football field.

Cost: \$40 (includes a T-shirt) Make check payable to **HSE Football Conditioning Camp** and mail to:

Scott May
HSE High School
13910 E 126th Street
Fishers IN 46037

DUE by May 27th—Any questions email Coach May smay@hse.k12.in.us

Daily schedule:

1. Form run– work on running technique

Put into groups
2. weight room– learn a core lift and practice proper technique
3. Agility station– Jump rope, dots, cone, ladder
4. Speed work (20's, 40's)

This is a Conditioning Camp—We will help you get ready to play football !!!!!

Cut out and send this in with camp fee:

Player's Name: _____

T-shirt Size: _____ (Adult sizes)

Grade in Fall: _____

School In Fall: _____

Parent's Name: _____

Parent's Phone: _____
