

HOLY

INTENSE

TRAINING

FOOTBALL CAMP



June 24th, 3-5:00 pm & June 25th, 28th, 29th and 30th 1-5:00 pm
Holy Family Catholic High School Victoria, Minnesota

The HIT Football Camp is a full pads and full contact camp that focuses on teaching the proper fundamentals necessary for success in football. This offensive and defensive camp offers basic individual instruction. Experienced high school coaches provide instruction in their respective areas. The targeted player-to-coach ratio is 8:1 so that each camp participant receives extensive individual attention.

Camp activities include individual drills, team drills, and competitive drills with other camp participants. Also, we will have competitive drills with Baldwin-Woodville High School Football Camp participants from the tough state of Wisconsin on the 5th and final day of camp. There is a new Minnesota State High School League rule that does not allow our school to provide transportation and we are adding a 5th day of camp this summer. With that said, the cost of camp has increased by \$10.00 since last year.

Equipment Provided

- Helmet
- Shoulder pads
- Camp t-shirt
- Mouth guard

Equipment Needed

- Legal Cleats
- Practice Jersey
(P Jersey we sell for \$15)
- Shorts and Shirt

Additional Information

- Day 5 will be a slightly altered time period. We will tape ankles if needed.
- Athletes should be going into grades 9-12.
- Practice rain or shine

Checks for \$70 payable to: HIT Football Camp-Due May 1st

Checks Payable to: **HIT Football Camp**

Tear this portion and return to (see bottom):

Name (participant)

Grade This Fall

School

Phone

Parent/Guardian Printed

Emergency Phone

Parent/Guardian Signature

By signing this form I acknowledge, understand and accept the risks inherent with football participation and give HIT Football Camp staff authority to consent to medical treatment for the participant listed in my absence.
 Are there any restrictions on the camper's participation? (Check one) ___No___Yes If Yes, please explain on back of this sheet.

Return to: Coach Dave Hopkins, HFCHS, 8101 Kochia Lane, Victoria, MN 55386