

2011

**H**OLY

**I**NTENSE

**T**RAINING

**FOOTBALL CAMP**



**Equip Issue For All** Tuesday June 7<sup>th</sup> 12-1 or 5-6:00 pm  
**Freshman Camp** Monday-Wednesday June 13<sup>th</sup>-15<sup>th</sup> 9am-12:30 pm  
**JV & Var Camp** Monday-Wednesday June 13<sup>th</sup>-15<sup>th</sup> 1-5:00 pm  
**Team Drills at River Falls on Thursday, June 16<sup>th</sup> at 4 pm (Bus departs at 2:15 pm)**

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.

We will have competitive team drills with athletes from Baldwin-Woodville and River Falls High School on the 4<sup>th</sup> and final day of camp in River Falls, Wisconsin.

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

- Picnic following last day at River Falls
- We will tape ankles if needed
- Athletes should be going into grades 9-12
- Practice rain or shine

• **Checks for \$70 payable to: HFCHS-Due May 1<sup>st</sup>**

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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**