



## **St. Charles Pirate Football Camp**

Grades 9 -12



**Cost-\$40.00**

**July 16 – 20                      8:00 – 12:00**

**July 23 – 17                      8:00 - 12:00**

**All players interested in football should attend camp**

- **Weight Training 8:00 – 9:30**
- **Camp Practice 10:00 – 12:00**

### **Camp Activities**

#### **Individual Drills**

- **Group Drills**
- **Team Offense**
- **Team Defense**
- **Special Teams**
- **Team Building**
- **Strength and Conditioning**

**Camp apparel will be given to attendees**

**Campers will report to the weight room at SCHS**

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