

# MONTFORD MUSTANG

## FOOTBALL CAMP



This 3-day football camp will take a holistic approach to teaching the fundamentals of the game on offense, defense and special teams. Players will have the opportunity to learn terminology, safety and technique at multiple position to aid in their development. In addition to on the field instruction, basic weightlifting fundamentals will be taught through body weight exercises. This camp is led by Montford Head Football Coach Keith Cottrell and the current coaching staff.

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**WHO:** All rising 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> graders interested in football.

**WHERE:** Montford Middle School Football Fields.

**WHEN:** Monday, July 22<sup>nd</sup> through Wednesday, July 24<sup>th</sup>.

**TIME:** 8:30 am- 12:15 pm.

**COST:** \$100 per camper. This includes a camp t-shirt. Per Leon County Schools policy, only check or money orders are accepted. Checks can be made out to Montford Middle School.

**EQUIPMENT:** Each camper needs to come prepared with athletic shorts, t-shirt, tennis shoes, cleats and with their own water bottle. This is a non-contact camp. Helmets and shoulder pads will not be utilized.

**ELIGIBILITY:** All campers must have a current physical, HIPPA & Activity Participation form on file in order to be able to register. All forms can be found on the Montford Football website.