**MONTFORD MUSTANG**

**FOOTBALL CAMP**

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This 4-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 6th, 7th & 8th graders interested in football.

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

**WHEN:** Monday, July 24th through Thursday, July 27th.

**TIME:** 9:00 am- 12:00 pm.

**COST**: $125 per camper. This includes a camp t-shirt. Cash or check accepted. Checks 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.