



HINSDALE SOUTH Youth FOOTBALL CAMP



Dates: July 13th - 16th (Monday - Thursday) **Time:** 10:00 am to Noon
Location: Hinsdale South High School; Artificial Turf Practice Field
Fee: \$65 per player / Includes Camp T-Shirt
Grades: 3rd through 8th * *will be separated.*

This is a non- contact camp designed to improve football related skills while having fun! Each day camp will consist of four segments with frequent opportunities to hydrate.

- **Skill Circuit** - Athletes will learn proper warm up techniques and participate in a skill circuit coached by the Hinsdale South Varsity football staff. This will improve overall football skills regardless of position.
- **Team Practice** - Athletes will be divided into age appropriate groups and practice as a team for the Hornet Challenge. Each team will have designated coaches to help prepare them in the fundamentals of offense and defense.
- **Hornet Challenge** - Teams will compete on in a touch football game vs. other teams.
- **Wrap-up Segment** - Athletes will be instructed by Head Varsity coach Mike Barry on the keys to success in the classroom and on the athletic fields.

What to wear/ bring- Cleats or athletic shoes, Shorts, T-shirt. Gatorade/ Hydration will be provided. Athletic Trainers will also be available.

Please Contact Mike Barry with and questions - mbarry@hinsdale86.org

REGISTER NOW!

<https://hinsdalesouth.8to18.com/accounts/login>

