**Salmon River High School:**

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**8-MAN FOOTBALL TEAM CAMP**

**Salmon River coaches are committed to creating an affordable 8-man football, full contact, team camp. We are also focused on meeting the individual need of each team by providing flexibility in our scheduling. We will provide coaches and players with a flexible and fun camp to kick-off 2016.**

* **Full contact team camp that addresses individual, group, and team development.**
* **Flexible daily schedule to fit the custom needs of each coach and program.**
* **Includes: Team time, 5 on 5 passing, pool time, speed development, strength development, and position breakouts lead by SR Staff, College athletes and Coaches.**
* **Competitively matched teams.**

***I expect this camp to fill up quick, so please respond soon!***

***For more information please contact:***

**Dennis Fredrickson @ 208-469-0051**

**Date:**

June 10-12 (Check in 11 a.m. – 1 p.m.)

\*First Session is at 2 p.m.

**Location: Salmon River High School – Riggins, ID**

**Eligibility: Open to anyone entering grades 9-12 in the fall of 2016**

**CAMP COST:**

**$110.00 per camper**

**OVERNIGHT CAMPERS:** Please bring sleeping bags or bedding, pillow, towels, toiletries, swim trunks, personal clothes, workout gear. (Laundry facilities may be available in small amounts) **Main Gym and several classrooms will be available for sleeping areas.**

**LIMITED RV & Camping available**:

**SUPERVISION:** Team coaches are expected to provide team supervision to and from camp, as well as while at camp.

**ALL CAMPERS:** Bring all football equipment: helmet, shoes, pads, mouthpiece, etc. Also bring sleeping bag, pillow, practice clothes, swim shorts, court shoes.

**MEALS:** Campers will receive all meals. Breakfast served from 7:00 – 8:00, brunch from 11:30-1:00, and dinner from 5:00 – 6:30. (Approximate times)

**INSURANCE:** All campers must provide insurance.

**TRAINING ROOM:** All coaches are responsible for their own supplies and treatment of their team members.

**CHECK OUT:** After Sunday breakfast, clean sleeping area and pack before final scrimmages.

**COACHES NOTE:** Please help keep your area cleaned up during your stay. NO cleats in the building.

Camper Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Football Position\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Parent(s) Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_\_\_\_ Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) Work Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical Insurance Provider \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Policy Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ Camper ($110)

# Return To: Salmon River High School – PO Box 1299, Riggins, ID. OR it must be filled out and signed at the time of registration.

I herby register the player listed above for the Cove Football Camp and authorize the staff to direct him/her in participation of camp activities. This player has no medical or emotional problems, which may affect him/her to safely participate in your program. Camp staff is authorized to attend to any health problem or injury the player may incur while attending camp. I understand this player may incur injuries while attending camp. Neither the player nor I will hold the Cove Leopard Football Camp, camp coaches, or the Cove School District liable for any injuries or an expense relating to injuries incurred while the player is attending or participating in any camp related activities.

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature of Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Please copy for more students/athletes if needed)

**SALMON RIVER 8-MAN FOOTBALL CAMP ITINERARY (PRELIMINARY)**

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| **Day 1** (June 10th)  **12:00 - 1:00** Check In (Main Gym)  **2:00** Coaches Meeting (IEN Room)  **2:30 - 2:45** Team Warm Up  **2:45 - 3:15** Individual Offensive Instruction  **3:15 - 4:00** Team Installation (Practice)  **4:00 - 5:00** Scrimmage (Drives)  **5:30 - 6:30** Dinner (Cafeteria)  **7:00 - 7:15** Team Warm Up  **7:15 - 7:45** Individual Defensive Instruction  **7:45 - 8:15** Team Installation (Practice)  **8:15 - 8:45** Scrimmage (10 and in Challenge)  **8:45 - 9:15** Skelly / Pass Rush  **10:30** Lights Out | **Day 2** (June 11th)  **7:00 - 8:00** Breakfast (Cafeteria)  **8:00** Coaches Meeting (IEN Room)  **8:30 - 8:45** Team Warm Up  **8:45 - 9:15** Individual Offensive Instruction  **9:15 - 10:00** Team Installation (Practice)  **10:00 - 11:00** Scrimmage (Red Zone)  **11:15 - 12:15** Lunch  **2:30 - 2:45** Team Warm Up  **2:45 - 3:15** Team Installation  **3:15 - 4:00** Scrimmage (Drives)  **4:00 - 4:30** Individual Competitions  **5:30 - 6:30** Dinner (Cafeteria)  **7:00 - 7:15** Team Warm Up  **7:15 - 7:45** Individual Defensive Instruction  **7:45 - 8:15** Team Installation (Practice)  **8:15 - 8:45** Scrimmage (Short Yardage)  **8:45 - 9:15** Skelly / Pass Rush  **10:30** Lights Out |

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| **Day 3** (June 12th)  **GENERAL INFORMATION**  **ELIGIBILITY -** The Football Camp is open to any high school player with remaining eligibility.  **TUITION –**  **O**vernight Team Campers - $110pp    (Day Campers will be offered a discount of $15 [all meals except breakfast provided])  **LOCATION** The camp is held on the **Salmon River, Riggins** campus’, game and practice fields. Overnight campers will stay in classrooms and the Main Gym – or camp on the grounds… and eat in the school cafeteria.  **RV – TENT CAMPING** – There will be several areas for RV and tent camping. Electrical hook-ups will be minimal, but available on a first notice basis!  **7:00 - 8:00** Breakfast (Cafeteria)  **8:00** Coaches Meeting (IEN Room)  **8:30 - 8:45** Team Warm Up  **8:45 - 9:45** Scrimmage (Drives)  **10:00** – Camp Champ Competitions  **11:00 – Noon** - North v. South Scrimmage  **Noon** – Lunch  **1pm** Check-out |