

CAMP REGISTRATION

*This Registration Form Will Register
you for the "O" & "D" Camp*

Participant's Name

Grade (Entering 2019)

Athlete Cell Telephone #

Address

City

State

Zip

Parent/Guardian's Name

Cell Telephone #

Home Telephone #

Email Address

Shirt Size _____ Adult

LIABILITY WAIVER:

Waiver and Release: I hereby give my consent for the above-named student to participate in the O&D Football Camp. I also give my authorization for the O&D Football Camp staff to act in accordance with their best judgment in case of injury or emergency that may occur. I hereby waive the Football Staff or affiliates from any liability and / or any injuries which may occur while participating in said football camp.

Signature of participant, parent or guardian if under 18 years old

SUMMER CAMP INFORMATION

*Monday July 29th – Wednesday July 31st
9th, 10th, 11th & 12th Grade Camp
Cost: \$70 On or Before July 1st
\$85 After July 1st*

Monday P.M. Schedule

Warm up & Agility 6:00-6:10 PM
Offensive Breakdown 6:20-6:40 PM
Team Offense 6:40-7:10 PM
Defensive Breakdown 7:10-7:30 PM
Team Defense 7:30-8:00 PM
Team Games 8:00-8:30 PM

Tuesday P.M. Schedule

Warm up & Agility 6:00-6:10 PM
Offensive Breakdown 6:20-6:40 PM
Team Offense 6:40-7:10 PM
Defensive Breakdown 7:10-7:30 PM
Team Defense 7:30-8:00 PM
Team Games 8:00-8:30 PM

Wednesday P.M. Schedule

Warm up & Agility 6:00-6:10 PM
Offensive Breakdown 6:20-6:40 PM
Team Offense 6:40-7:10 PM
Defensive Breakdown 7:10-7:30 PM
Team Defense 7:30-8:00 PM
Team Games 8:00-8:30 PM

WHERE: Legacy High School.

Equipment

Players will need to make arrangements with their coach to secure football equipment before camp begins.

"O" & "D" CAMP OBJECTIVES

The purpose of the "O" & "D" Football Camp is to develop the fundamentals needed to become a successful football player.

Our focus will be on teaching fundamentals as well as implementing our offensive and defensive schemes. The camp will also stress the skills involved in special teams play

The Camp Will Focus On:

- Offensive Fundamentals
- Defensive Fundamentals
- Offensive Schemes
- Defensive Schemes

"O" & "D" CAMP STAFF

The Legacy High School Football Staff will be conducting the "O" & "D" Camp

Make Check Payable to:

Touchdown Club

Mail To:

Touchdown Club
c/o Chris Clements
1928 Tahoe Dr.
Bismarck, ND 58504

No refunds will be given after July 1st

ADDITIONAL INFORMATION

For additional information regarding the camp please contact Coach Clements at 701 471-7488 or at chris_clements@bismarckschools.org

STRENGTH PROGRAM INFO

The 2019 Sanford POWER Training Program will begin on Monday, June 3rd. Sessions will take place every Monday, Tuesday Wednesday, and Thursday through August 8th. We encourage every athlete entering grade 9 to register for a Session.

Summer Strength & Conditioning Fee:

M, T, W, Th Group Sessions - \$125

Registration forms maybe found online at:

www.bismarckschools.org/district/schools/secondary/legacy/

Questions?

Call Chris Clements at 701-471-7488.

Chris Clements
1928 Tahoe Dr.
Bismarck, ND 58504

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