

# Capital City Football Camp 2023

Capital City Football Camp is open to boys and girls entering grades 2-5. The purpose

and benefit of this camp is designed to master the execution of fundamental football techniques. Athletes will participate in individualized technique and drill sessions. This will help the athletes improve their skill, ability, and confidence in a team setting. The camp will provide the opportunity to meet new friends in an atmosphere of friendly athletic competition. We hope you'll join us this summer for a great football learning experience.

June 27<sup>th</sup> - June 29<sup>th</sup>, 2023 – Century High

## Camp Fee

The cost of the camp is \$50.00 by June 23<sup>rd</sup>. This fee includes: All instruction, snacks, and Capital City Football T-shirt. Make checks payable to Ron Wingenbach (camp director). If two campers attend from the same family, the second camper will be charged

## Keys to the Camp

- Grouped by age
- Offensive Stations
- Defensive Stations
- Games & Contests
- Learn all positions

## Location

The camp will be conducted at Bismarck Century High School, 1000 E Century Ave, Bismarck, ND 58503



## What to Bring to Camp

Those attending the camp need to bring tennis shoes or cleats, shorts, & t-shirt. Water will be provided at all times.

## For further information/questions,

contact Ron Wingenbach at 701.426.1779 or email at:

[ron\\_wingenbach@bismarckschools.org](mailto:ron_wingenbach@bismarckschools.org)

REGISTRATION FORM for **Capital City Football Camp 2023**, Grades 2-5  
9:30-11:30 AM, Tuesday-Thursday; June 27<sup>th</sup> – 29<sup>th</sup> .

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_

Grade Entering Fall of 2023 \_\_\_\_\_

T-Shirt Size (**Adult Sizes**) \_\_\_\_\_ Position: Offense \_\_\_\_\_ Defense \_\_\_\_\_

I hereby give my approval for my child to participate in Capital City Football Camp. I hereby authorize the directors of Capital City Football Camp and all instructors to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release the camp from any and all liability for an injury while at camp. I certify that my son is medically fit to participate in our program. I understand that Capital City Football Camp Director, Ron Wingenbach, and all instructors will not be responsible for injury or loss of property while the athlete is attending camp. I also understand that each camper is responsible for his own medical insurance and expenses.

Date: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

To be accepted in our camp, include a check payable to Ron Wingenbach (Camp Director). Fill in the above and return to:

**Ron Wingenbach**

**Century High School - FB**

**1000 East Century Ave.**

**Bismarck, ND 58503**