

KINGDOM CAMP

We are very fortunate to have a terrific football camp that is held right on our campus. Beyond its convenience, the Kingdom Camp has the added benefit of being a team camp, which means that rather than having our kids split up, we will be practicing together. This gives us an opportunity to install our basic offensive and defensive plays before the season even begins, which can give us a real advantage over our competition. **This camp is geared towards experienced players in grades 10-12.**

The camp will run on Saturday July 9, Sunday July 10, and Monday July 11 from 10am to 4pm. There will be two practices each day. The first will run from 10am to 12pm, the second will begin at 2pm and end at 4pm. Lunch will be provided between practices. Camp tuition is \$125. Financial assistance is available for those who need it. Enclosed you will find a camp brochure.

Equipment will be distributed to campers on July 5 and 7 after the workout.

EQUIPMENT DISTRIBUTION

Equipment will be distributed to anyone who ***does not attend*** the Kingdom Camp the week before practice begins.

Seniors	– August 8, 5:30 to 6:30pm
Juniors	– August 9, 5:30 to 6:30pm
Sophomores	– August 10, 5:30 to 6:30pm
Freshmen	– August 11, 5:30 to 6:30pm

PRACTICE

The football season begins on August 15. **YOU MUST HAVE A PHYSICAL EXAMINATION PRIOR TO THE START OF PRACTICE IN ORDER TO PARTICIPATE!!!!** We will practice twice a day for the first week. The daily schedule for all players grades 10-12 during the first week will look like this:

<u>MONDAY 8/15 - 8/18</u>	<u>FRIDAY 8/19</u>
Meeting – 12:15 to 12:45pm	- none
Practice #1 – 1:00 to 3:00pm	- 3:00 to 5:00pm
Meeting – 4:15 to 4:45 pm	- 6:00 to 6:30pm
Practice #2 – 5:00pm to 7:00pm	- 6:45 to 8:00pm

FRESHMEN: You need to arrive for the **FIRST** practice on Monday 8/15. You will not have to participate in the second practice, so plan on going home at 3:30pm. For the remainder of the week, however, you will **ONLY** be expected to attend the **SECOND** practice.

Practice will begin 30 minutes after the end of the school day for the rest of the season after the first week.

SUMMATION

As you can see, we have a busy summer ahead. Remember that we must earn the right to win through preparation and hard work. I look forward to seeing you soon.

Yours in football

Coach Nolan

TDS