



**NEW! Football and Recreation Camp (Ages 6-15)**

**FULL DAY AND HALF DAY SESSIONS ARE FULL!!**

**Week 4**

**8:30 am - 4:30 pm \$205/week OR 8:30 - 11:30 am \$105/week**

Location: Freedom Center – Outdoor Field

Featuring “Built-in” before and after care for your convenience 6:30 am – 6:30 pm for full day campers only. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

This camp introduces or reinforces the basics of football without contact play. Campers learn proper throwing techniques, catching, ball handling, kicking, and offensive and defensive game strategy. This camp is designed for beginners through advance players stressing the fundamentals that will teach them good habits and make them a more consistent player in their position. Football camp will include drills, conditioning, and game play. Because of the various abilities of all players this camp will not be contact but played with flags. Please wear athletic clothes, no jeans, please bring tennis shoes. If campers bring cleats please bring tennis shoes to play additional activities inside the building during the afternoon.

Full Day campers please bring lunch and swim suit. In the afternoon the full day campers will enjoy other structured activities and go to the pool each day.

Half Day parents please drop off and pick up Campers at the Freedom Center field located to the left of the building next to the white shed. Please bring a snack and water bottle.

Please note that the morning sessions of Baseball, Lacrosse, Soccer, Tennis, Football, and Disc Golf are held outdoors and will be moved indoors only under extreme heat, weather, or other environmental conditions and/or if field or court surfaces are unsuitable for play