

LINN-MAR FOOTBALL CAMP

FALL 2018 – GRADES 9-12



WE ARE PREPARING FOR EXCITING TIMES AHEAD

**FALL '18
GRADE 9**

**JUNE 4 - JULY 19
Mon.- Tue.- Thurs.
11:00 AM – 1:15 PM**

**FALL '18
GRADES 10-11-12**

**JUNE 4 - JULY 19
Mon.- Tue.- Thurs.
7:15 – 10:00 AM**

WHERE:

Linn-Mar Stadium and Linn-Mar Weight Room

WHAT:



STRENGTH TRAINING & SPEED IMPROVEMENT
LEARN THE LINN-MAR FOOTBALL SYSTEM
WORK ON INDIVIDUAL SKILLS FOR YOUR POSITION
WORK ON TEAM PLAYS
PREPARE FOR THE UPCOMING SEASON

COACHES:

Linn-Mar High School Football Staff (ALL sessions)

COST:

\$160 Includes a Lion Camp T-Shirt
**Includes payment to athletic dept. for each camper to lift
year round using the Linn-Mar lifting program**

DRESS:

T-shirt, shorts, football shoes(molded cleats or tennis shoes),
tennis shoes in weight room

HOW TO REGISTER: 1) Complete the enclosed form

2) Make check payable to: **Linn-Mar Football**

3) Send check to: **Joyce Dayton, Linn-Mar High School
3111 N. 10th Street, Marion, IA 52302**

OR

4) Pay by credit card to the cashier (Joyce Dayton) at
Linn-Mar High School inside Door #13.



LINN-MAR FOOTBALL CAMP APPLICATION

CHECK THE SESSION: (Fall '18 grade)

\$ 160 _____ **GRADE 9**
Includes Lion Camp T-Shirt & Lifting Fee

\$ 160 _____ **GRADES 10-11-12**
Includes Lion Camp T-Shirt & Lifting Fee

_____ S M L XL XXL XXXL
Total \$ _____ (circle T-Shirt size – adult size)

Name _____

Address _____

Phone # _____ Fall '18 Grade _____

E-Mail _____

Parents' (Guardians) Name _____

Parents' Work/Cell Phone # _____

Waiver by parent or guardian: I understand that personal medical insurance coverage for this camp is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Football Camp to act according to their best judgment and provide medical attention to my son or ward in the event of injury/illness. I hereby release Linn-Mar Community School District and the football camp instructors from all claims resulting from injuries which may be sustained by my son or ward while attending the camp.

Parent/Guardian Signature _____ Date _____