LINN-MAR FOOTBALL CAMP

FALL 2019 – GRADES 9-12



FALL '19 GRADE 9

JUNE 10 - JULY 26 Mon.- Tue.- Thurs. 8:30 - 11:00 AM Fri.- Wts Only -9:45-11:00AM

FALL '19 GRADE 10

JUNE 10 - JULY 26 Mon.- Tue.- Thurs. 2:00 - 4:45 PM Fri.- Wts Only -8:30-9:45AM

FALL '19 GRADES 11-12

JUNE 10 - JULY 26 Mon.- Tue.- Thurs. 7:15 - 10:00 AM Fri.- Wts Only -8:30-9:45AM

Linn-Mar Stadium and Linn-Mar Weight Room WHERE:

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

\$170 Includes a Lion Camp T-Shirt COST:

Includes \$75 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 '19 grade)
\$ 170	GRADE 9 – Freshmen Includes Lion Camp T-Shirt & \$75 Lifting Fee
\$ 170	GRADE 10 - Sophomore Includes Lion Camp T-Shirt & \$75 Lifting Fee
\$ 170	GRADES 11-12 – Varsity Includes Lion Camp T-Shirt & \$75 Lifting Fee
Total \$	S M L XL XXL XXXL (circle T-Shirt size – adult size)
Name	
Address	
Phone #	Fall '19 Grade
E-Mail	
Parents' (Guardians) Name	
Parents' Work/Cell Phone #	
each participant. I hereby authorize the and provide medical attention to my sor	stand that personal medical insurance coverage for this camp is the obligation of instructors of the Linn-Mar Football Camp to act according to their best judgmen or ward in the event of injury/illness. I hereby release Linn-Mar Community structors from all claims resulting from injuries which may be sustained by my
Parent/Guardian Signature	Date