

# 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

**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

**COST:**

\$170 Includes a Lion Camp T-Shirt  
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. 10<sup>th</sup> Street, Marion, IA 52302**

OR

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

