

YORKVILLE HIGH SCHOOL 2019 FOOTBALL



Why: To win a state championship we need to improve on football skills which will include: strength, running, tackling, other skills related to specific positions, game knowledge, and hustling. Campers will also learn The Yorkville Football Philosophy and terminology we will use in 7 on 7s and the season.

Cost: \$100, it includes a Camp T-shirt, weight training, and coaching by the Yorkville High School Staff.

Where: YHS Weight room and YHS Football Practice Fields (West of the high school)

When: Weights—June 3, 4, 6, 10, 11, 13 **CAMP & Weights**-June-17,18,20, 24-28 July—8,9,11,15,16,18,22,23,25

Times: Varsity 6:45-8am Weights, 8-10am Camp / Sophs 8-9:45am Camp, 10-11am Weights / Fresh 7:45-9am Weights, 9-10:30am Camp. We will lift on Monday, Tuesday and Thursday.

What to Bring: Gym Shoes, cleats, and a willingness to get better (Shoulder pads and helmet per calendar to be passed out later)

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Camp Application: Please complete this form and send it with payment by June 7th to:
Dan McGuire @ Yorkville High School 797 Game Farm Road Yorkville, IL 60560.

Camper Name: _____

Home Phone: _____

Email: _____

Emergency Contact: _____

2019-2020 Grade: (Please Circle) 9 10 11 12

T-Shirt Size: (Please Circle) YL YXL / AS AM AL AXL AXXL

Camp Waiver (for camp and weight room)

I hereby give my permission for my son to participate in the Fighting Foxes Football Camp and acknowledge the fact that he is physically able to participate in the camp activities. I further understand that any Yorkville High School staff member, personnel, or Yorkville School Board Member will in no way be held liable for any accident or injury incurred at the camp by my son.

Signature of Parent / Guardian: _____

*Please make the \$100 check payable to **Yorkville High School**

Coach McGuire's Contact Information:

Email: DMcGuire@y115.org **Phone:** 630-553-4380 ext 4047