

Southside Football Camp

July 25-27, 2022

9:00 am- 12:00 pm

Wachter Middle School Football Field

Cost: \$65 before June 15th after \$70

Athletes entering grades 4, 5, 6, 7, 8, 9



Search for **Southside Fitness and Training**

Camp Purpose:

The Southside Football Camp is designed to provide the camper with the opportunity to improve and refine the individual and team skills necessary to compete on a football team. Instruction will be given in the individual skills on both the offensive and defensive side of the ball, along with special teams. Team offensive and defensive strategies will be taught.

Equipment:

- Cleats or tennis shoes (Tennis shoes if weather forces us inside)
- Shorts, sweatpants, t-shirt, and/or sweatshirt
- Water Bottle (Water will be provided) Bug Spray

*All athletes will receive a free camp T-shirt

Questions?

Contact Kevin Schmitcke at 701-220-3659

kevin_schmitcke@bismarckschools.org or

Andrew Prokop 701-391-4750

andrew_prokop@bismarckschools.org

Please send registration and payment to:

Southside Fitness and Training

PO Box 2543

Bismarck, ND 58502

Make checks payable to: **Southside Fitness and Training**

(No refunds after July 1st)

Registration information:

Participant's Name: _____

Grade (fall of 2022) _____ Shirt Size: _____ Youth/Adult
(Circle one)

Address: _____

City/State/Zip: _____

Parent/Guardian: _____

Phone Number: _____

E-mail: _____

(Please print email address legibly)

I CERTIFY that my child/participant is physically able to participate in all football activities. I understand that there are certain risks of injury inherent with football and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the Southside football instructors assume no responsibility for accidents or illness including contracting or exposure to **Covid**. The Bismarck Public Schools district and Southside coaching staff are not responsible for any medical expense that may incur due to participation. I agree to all of the conditions stated above.

Parent Signature _____