

9th Grade Football Team Camp

July 22 - July 24, 2024

9:00-12:00

Wachter Middle School

Register before June 15 - \$70 after June 15 - \$75



The purpose of the 9th grade football team camp is to prepare for the upcoming season by teaching fundamentals and introduce our base Demon offense and our 3-4 Demon defense. Our camp staff is comprised of Bismarck High freshman coaches along with former Demon varsity football players. Campers will be taught position specific skills, techniques, and drills along with time dedicated to offense, defense, and special teams.

Participants need to come prepared with a t-shirt, shorts, cleats or running shoes, and a great attitude to work hard, learn football skills, and have fun. No football experience is necessary. Each camper will receive a camp t-shirt. This camp is a great opportunity to get a jump start on the season.

Participant's Name: _____

Shirt Size: _____ Youth/Adult (Circle one)

Address: _____

Parent/Guardian: _____

Phone Number: _____

E-mail: _____

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 June 25th.

*Southside football camp coaches are not responsible for injuries and/or accidents. By signing, you are signing a waiver form for the participating athlete. Athletes should alert camp coaches of any injuries or accidents immediately. I understand that there are certain risks of injury inherent in the practice and play of this Activity and I am will too willing to assume these risks on behalf of my child/ward. The Bismarck Public Schools district and Southside football staff are not responsible for any medical expense that may incur due to participation. Including the exposure to COVID 19

Parent Signature: _____