

# CARY-GROVE HIGH SCHOOL

## FOOTBALL SUMMER CAMP INFORMATION 2009

(In the event of SNOW DAYS, Times and Dates are subject to change)



### 1) SPORT: **FOOTBALL**

LEVEL: **Youth** (only for players, playing in the Cary Jr. Trojan football program)

DATES: June 22 - 25; Monday-Thursday

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#### **Heavyweight-Lightweight-Middleweight**

TIME: 10:30 am - 12:30 pm

COST: \$55.00/ \$65.00 after April 6th

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#### **Featherweight-Bantam-Flag**

TIME: 1:00 pm - 2:30 pm

COST: \$55.00/ \$65.00 after April 6th

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LOCATION: Cary-Grove HS (practice field behind tennis courts)

CAMP DIRECTOR: Bruce Kay  
School: 847-639-3870

“T” shirts will be given at the end of camp. Camp payment must be received BEFORE May 25th in order to receive a “T” shirt. Payments received AFTER May 25th will NOT receive a “T” shirt.

#### **REFUND POLICY FOR YOUTH FOOTBALL:**

**REFUND PRIOR TO JUNE 22ND/LESS \$25.00 OF AMOUNT RECEIVED.**

**NO REFUND ON OR AFTER JUNE 22ND.**

**2) SPORT: FOOTBALL**  
**MINI CAMP, WEIGHT LIFTING AND SKILLS**

**LEVEL: Incoming Freshman**

**Equipment Issue: Thursday, June 18, 2009 from 10:00 am - 1:00 pm.**

**A) Skills & Weightlifting**

DATES: June 29, 30, July 1, 2

TIME: 12:45 pm - 3:30 pm

**B) Mini Camp and Weightlifting**

DATES: July 6, 7, 9, 10, 13, 14, 16, 17

TIME: 11:00 am - 3:00 pm

LOCATION: Cary-Grove HS (frosh practice field & fitness center)

**C) Mini Camp ONLY**

DATES: July 8, 15

TIME: 10:00 am - 12:30 pm

LOCATION: Cary-Grove HS (frosh practice field)

COST: \$100.00/ \$110.00 after April 10th

CAMP DIRECTOR: Mike Lowrey

School: 847-639-3825 ext. 139

**REFUND POLICY FOR HIGH SCHOOL STUDENTS:**

**REFUND PRIOR TO JUNE 18TH/LESS \$25.00 OF AMOUNT RECEIVED.**

**NO REFUND ON OR AFTER JUNE 18TH.**

**INCOMING FRESHMAN FOOTBALL INFORMATION**

This program is open to all students who are planning to play at the Freshman level of high school football. Our summer program is designed to provide an opportunity for the players to develop in the following areas: Strength, Agility, Conditioning, Teamwork, Dedication, Individual Skill, and Team Concepts. In addition to player development the coaching staff will attempt to assess each player's athletic ability, desire to work, and willingness to learn or be coached. All participants will start on the practice field that is located behind the tennis courts. On the practice field the coaching staff will conduct a variety of football drills. Proper blocking and tackling skills will be taught. The activities on the field will help develop the participant's football skills along with giving the coach an insight of each participants athletic ability. In the Fitness Center the coaching staff will teach proper weight lifting techniques, develop muscle strength, flexibility, and endurance. Our Mini Camp program which will emphasize fundamentals, special teams, terminology, individual skill, team concepts, technique, theory of our offense and defense. Starting line ups are not determined in Mini Camp. Our goal is give each player a better understanding of our offense and defense so he can have his best performance when the season starts in August.

**3) SPORT: FOOTBALL**  
**WEIGHT LIFTING, MINI CAMP, AND SKILLS**

LEVEL: **Varsity & Sophomore**

Equipment Issue: **Varsity: Monday, June 15, 2009 from 10:00 am - 12:00 pm.**  
**Soph: Tuesday, June 16, 2009 from 10:00 am - 12:00 pm.**

**A) WEIGHT LIFTING**

DATES: June 8 - July 17  
Monday-Tuesday-Thursday-Friday

TIME: 7:00 am - 10:00 am

**B) MINI CAMP**

DATES: July 6, 7, 9, 10, 13, 14, 16, 17  
Monday-Tuesday-Thursday-Friday

TIME: 12:30 pm - 3:00 pm

DATES: July 8, 15  
Wednesday

TIME: 10:00 am - 12:30 pm

**C) SKILLS: BACKS, ENDS, AND LINEMEN**

DATE: June 26(**BACKS AND ENDS ONLY**)  
Friday

TIMES: 10:30 am - 12:30 pm

DATES: June 29, 30, July 1, 2  
Monday-Tuesday-Wednesday-Thursday

TIMES: 10:30 am - 12:30 pm

COST: \$115.00/ \$125.00 after March 27th

**LOCATION:** Cary-Grove HS (varsity practice field & fitness center)

**CAMP DIRECTOR:** Bruce Kay  
School: 847-639-3870

**\*ATTENTION PLAYERS TAKING SUMMER DRIVERS EDUCATION.**

We are recommending that you sign up for the 12:00 pm - 3:00 pm block.

The week of **Skills**(June 29-July 2) you will be allowed to leave at 11:30 am so you can get to class on time.

**REFUND POLICY FOR HIGH SCHOOL STUDENTS:**

**REFUND PRIOR TO JUNE 8TH/LESS \$25.00 OF AMOUNT RECEIVED.**

**NO REFUND ON OR AFTER JUNE 8TH.**