



CAPITAL FOOTBALL CAMP

A two week camp designed to instruct incoming Capital High football players in proper technique, implement base offensive and defensive packages, build a foundation for the summer program, prepare for the fall season, and have fun. All athletes considering playing football in the fall should attend this camp. The first week of the camp will be non-contact and the second week will be full contact.

CAMP INFORMATION:

DATES: MAY 21-24 & JUNE 4-7 (Monday – Thursday)
Week 1 – non-contact & Week 2 – full-contact
Gear Check Out will be Mon., June 4th @ 3:00 in the CHS lockerroom

LOCATION: Capital High Football Field

TIMES: 3:15-5:30pm

TUITION: This camp is included in the Summer Program fee of \$80.00.
Please make checks payable to Capital High School

REGISTRATION: Please mail registrations for camp to:

Capital High Football
(please pre-register) c/o Todd Simis
8055 Goddard Road
Boise, Id. 83704

EQUIPMENT: Athletes will need a t-shirt, shorts, and cleats.
TRAINER: A certified athletic-trainer will be on duty.
CAMP GIFT: All participants will receive a t-shirt & shorts.

Camp contact: Todd Simis

Phone: 571-0788

NAME: _____

PHONE: _____

ADDRESS: _____

HEIGHT: _____ WEIGHT: _____ POSITIONS OF INTEREST: _____

The accidental medical insurance provided by the Capital Football Camp is an excess policy. The insurance will pay for expenses up to \$10,000.00 which are in excess of those payable by other valid individual or group insurance plans.

I hereby authorize the camp staff to act for my son in case of emergency and I will waive and release the camp from any and all liability for any injuries or illness incurred while at camp.

PARENT/GUARDIAN SIGNATURE: _____