

Entry form
Detach & Send to:
Mighty Cardinal Camp
5845 Grassland Terr.
Marshall, WI 53559

Participant's Name _____

Address _____

City _____ Zip _____ Phone _____

Grade in fall of 24 ____ Age _____

Caregivers Name _____

Caregivers EmailAddress _____

Caregivers Cell Phone # _____

Insurance Co. _____

Policy # _____

Participant's Physician _____

Physician's Phone # _____

In the event of an emergency whom should we
contact if we are unable to reach you ?

Name _____

Phone _____

Email _____

I declare that _____ is in good physical health and able to
safely practice and play football.

I also give permission for _____ to attend Mighty Cardinal
Camp.

I certify that the registrant has had a satisfactory physical
examination within the past two years and is physically able to
participate in all camp activities. In the event of injury or illness, I
give my consent for necessary emergency medical treatment and
will be responsible for all costs involved. We will make an attempt
to contact you before treatment is given.

ParentSignature _____

Circle - Shirt Sizes: S M L XL XXL

(All shirts youths sizes)



Mighty Cardinal FOOTBALL CAMP

July 15-July 18

1:00 pm - 2:30 pm

at the

SUN PRAIRIE
HIGH SCHOOL

Questions?

- This is a fundamentals camp for any student entering grades K-4.
- This camp is run by Sun Prairie High School football coaches along with current and former college football players.
- This camp is not part of Cardinal Youth Football.
- **The camp will run from July 15-18.**
- **The time is from 1:00pm-2:30pm.**
- Camp will be held on the practice fields behind East High School

Instruction Philosophy

- This camp uses a “station-based training” format to provide instruction.
- The groups rotate around the field like a classroom visiting each instruction station. At each station, the coach adapts the instruction to fit the group's needs and ages.
- Participants will receive instruction in quickness, agility, flexibility, and running techniques.
- Campers learn to run, throw, catch, defend, form block, and explode out of their stance with proper technique and improved speed.

We run an active camp so kids get multiple chances. With patience and encouragement, kids gain confidence and that's what it's all About. Games, Energy and Excitement
Drills are mixed with fun competitions, rewards, contests and personal challenges.

On a daily basis, campers are rewarded for demonstrating qualities that improve the overall camp environment. Those qualities include leadership, sportsmanship, hustle, effort, humility and positive influencing others by the behavior or example.

Equipment:

Participants will be expected to come to each session dressed in appropriate attire, sweat socks, football type shoes, T-shirt or sweatshirt, and athletic shorts or sweatpants.

Any eye glasses worn in practice must be unbreakable in accordance with WIAA safety rules.

This is a skills camp. Helmets and shoulder pads will not be used.

Registration:

To hold your place in camp, you must first submit a signed completed registration form along with full payment. \$65 first athlete - \$60 each additional family member.

Participants must have their own medical insurance.

Make check out to and mail to
Sun Prairie Quarterback Club
5845 Grassland Terr
Marshall, WI 53559
Any Questions call Brian Kaminski at 698-8950
or Tim Bass at 834-6795

“ The Sun Prairie Area School District has neither reviewed nor approved the program, personnel, or activities announced in this flyer. Permission to distribute this flyer must not be considered a recommendation or endorsement by the school district.”