

Entry Form  
Detach & Send to:

Mighty Cardinal Football Camp  
5845 Grassland Terr.  
Marshall, WI 53559

Participant's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Grade in Fall of '23 \_\_\_\_ Age \_\_\_\_\_  
Parent / Caregiver Name(s) \_\_\_\_\_  
Caregivers Email Address \_\_\_\_\_  
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 10 - July 13, 2023

1:00 pm - 2:30 pm

at

SUN PRAIRIE EAST  
HIGH SCHOOL

## Questions?

- This is a fundamentals camp for any athlete entering grades K-4.
- This camp is run by Sun Prairie East 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 Monday July 10- Thursday July 13, 2023.**
- **Camp runs 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 repetitions and opportunities.  
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: 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. \$55 first athlete - \$50 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

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