



REGINA FOOTBALL CAMP 5TH-12TH GRADES
FOR ALL STUDENT ATHLETES ENTERING 5TH-12TH GRADE

AUGUST 3RD-7TH MONDAY-FRIDAY 4PM-6:30PM \$50 INCLUDES CAMP SHIRT

SAMPLE SCHEDULE:

4:00-4:30 MEETINGS

4:35-4:45 FLEXIBILITY / WARM UP

4:45-5:30 SKILLS AND DRILLS - 9 MINUTES PER DRILL/ SEGMENTS

5:30-5:35 WATER BREAK

5:35-6:30 TEAM PREPARATION

NOTABLE INFORMATION ABOUT IOWA CITY REGINA FOOTBALL:

- 6 STRAIGHT PLAY-OFF APPEARANCES - 2 DISTRICT CHAMPIONSHIPS IN THE PAST 4 SEASONS
- SHRINE BOWL PARTICIPANTS IN 5 OF PAST 6 SEASONS - 5 DIVISION 1 FOOTBALL PLAYERS FROM PAST 4 SEASONS
- 2008 CLASS 2A PLAYOFF QUALIFIER:
- 2005 CLASS 1A STATE CHAMPIONS - 2007 CLASS 1A STATE RUNNER-UPS

PARTICIPANTS NAME: _____ GRADE FALL 2009: _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PARENT/GUARDIAN: _____ CONTACT NUMBER: _____

T-SHIRT SIZE (CIRCLE ONE)

YOUTH SMALL YOUTH MED YOUTH LARGE ADULT SMALL ADULT MEDIUM
ADULT LARGE ADULT XL ADULT XXL

I RELEASE THE REGINA BOARD AND THE REGINA CATHOLIC EDUCATION CENTER AND ALL OF ITS EMPLOYEES AND VOLUNTEERS FROM ALL CLAIMS DUE TO ANY INJURY SUSTAINED WHILE ATTENDING AND/OR PLAYING AT THE REGINA SUMMER CAMPS. I FURTHER AGREE TO INDEMNIFY THAT THOSE PARTIES FOR ANY CLAIM WHICH MAY BE HERE-IN-AFTER PRESENTED BY MY SON/DAUGHTER AS A RESULT OF ANY SUCH INJURIES.

SIGNED: _____ DATE: _____

MAKE CHECKS PAYABLE TO: REGINA FOOTBALL

**DROP FORMS & CHECKS IN HS OFFICE OR MAIL TO: REGINA JR./SR. HIGH SCHOOL
ATTN: MARV COOK/FOOTBALL CAMP
2150 ROCHESTER AVE
IOWA CITY, IA 52245**