**CAPITAL FOOTBALL**



**FROSH & 8th GRADE CONTACT CAMP**

A contact camp designed to instruct future Capital Football players in proper technique, implement base offensive and defensive packages, build a foundation for our summer program, prepare for the fall season, compete against other programs, and have fun. All incoming freshmen and interested 8th grade athletes planning on playing football in the fall may attend.

**CAMP INFORMATION:**

**DATES: May 28th – May 31st**

**LOCATION & TIMES: Tuesday & Wednesday @ CHS 3:30- 5:30**

**Thursday & Friday Scrimmages @ Rocky 5:30-7:30**

**CAMP FEE: $90.00**

Please make checks payable to **Capital Football**

**REGISTRATION: Please return form to Coach Simis or mail to:**

**Please pre-register** Capital High Football

8055 Goddard Rd

Boise, Idaho 83704

**EQUIPMENT: Gear will be provided except cleats**

Gear checkout is Tuesday, May 28th @ 2:45pm

**TRAINER: A certified ATC will be on duty at all times**

**CAMP GIFT: All participants will receive a t-shirt**

*Camp Contact: Todd Simis Phone 571-0788 or Email:* [*todd.simis@boiseschools.org*](mailto:todd.simis@boiseschools.org)

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**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PHONE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZIP:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GRADE 2018/2019: \_\_\_\_\_\_\_**

*I understand that the game of football is a contact sport and injuries may occur. Therefore,*

*I hereby authorize the camp staff and athletic training team to act for my son in case of injury*

*or emergency. The Capital Football Camp is fully insured through Chow Insurance in Boise.*

**PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**