



**Gridiron High School  
Football Camp**



# **2012 Gridiron HS Football Camp**

## **Camp Director**

Mike Stassi  
*(MG Head Football Coach)*

## **Instructional Staff**

The Camp will consist of the  
MG Football Staff

**Location:**  
**Monona Grove  
High School Football Fields**

**Mini Camp - June 25th & 26th**  
**8:00 - 11:00**

**Pre-Season Camp - July 24th,**  
**25th, & 26th - 8:00-11:00am**

**For Grades 9-12**

**\*Grade based upon: 2012-'13**  
**school year**

## Locations and Facilities

- The camp will be held on the practice fields @ Monona Grove High School

### Date and Time

- June 25th & 26th  
8:00 - 11:00am
- July 24th, 25th, & 26th  
8:00 - 11:00am

### Camp Fee - \$50.00

- Every camp participant will receive a Football Camp t-shirt!!!
- Return your registration and payment to CG Village Hall or Monona City Building. **Make checks payable to: “Village of Cottage Grove” or “City of Monona”**

### What To Bring

- Camp participants should bring cleats, tennis shoes, athletic shorts and a t-shirt. Mouth guards will be provided free of charge.

### Registration Deadline

- Please return camp registration before Monday, June 18th.

## **Camp Focuses:**

- Fundamental skills for every football position
- Proper techniques for every football position.
- Fundamentals of punting, kicking and snapping
- Proper stretching techniques
- Correct running form
- How to improve agility and quickness
- On rain days, we will be in the weight room teaching proper techniques.

## **Parent Reminders**

If your child has any medical concerns, please contact the football office @ (608) 221-7666 ext. 2263

Thank You,

MG Football Coaching Staff

## **Gridiron HS Football Camp June 25th & 26th & July 24th, 25th, 26th Registration Form due by June 18th**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Alt. (Cell) \_\_\_\_\_

Father's Work \_\_\_\_\_

Mother's Work \_\_\_\_\_

1st Email: \_\_\_\_\_

2nd Email: \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Year In School Next Fall \_\_\_\_\_

T-Shirt Size (Circle One)

YL    S    M    L    XL    XXL

Parents Signature \_\_\_\_\_

Return your registration and payment to CG Village Hall or Monona City Building. **Make checks payable to: “Village of Cottage Grove” or “City of Monona”**