

2019 RTR KNIGHTS VARSITY FOOTBALL CAMP!

WHO:

Players entering Grades 9-12

WHERE:

RTR High School Football Field
Tyler, MN

WHEN:

July 22-26th
8:00am-10:00am

The RTR Knights Football Camp will provide solid fundamentals that the players will be able to practice and improve their overall game. Campers will learn and practice many aspects of football and training from the RTR coaching staff and special experts! Campers will focus on the fundamentals of the game in general and position group, but will move on to more advanced topics as well. Campers should wear athletic clothes and tennis shoes or cleats. Shoulder pads and helmets will be provided. Bring water. The camp will be high intensity, with a lot of learning and a lot of fun! We look forward to seeing you this summer!

Thanks,
RTR Coaching Staff

CAMP DETAILS

9th- 12th Grade Camp

July 22-26,
8:00am – 10:00am

Some topics covered are:

- Stance
- Blocking
- Ball Handling
- Throwing
- Tackling
- Offensive Skills
- Defensive Skills
- Special Teams
- Nutrition
- Strength and Conditioning

Each camper will receive a T shirt for attending the camp. Awards will be given to 7 on 7 Champions. The Player of the Week Award will be given to the most coachable player with a high skill level that demonstrates what playing Knights football is all about!



Camp Registration (Please register by June 28th)
(Late signees or walk-ups are welcome but might not receive shirts!)

Name _____ Grade Next Year _____ **Cost: \$40**
 Address _____ Phone _____ Email _____

Checks should be written to **RTR Football** and sent with registration form to:

RTR High School
Josh Fredrickson
100 Strong Street
Tyler, MN 56178
(507) 247-5911

Please read, sign, and return waiver on back as well.

Shirt Size (Please circle one):

Youth M Youth L S M L XL

WAIVER

As the parent or legal Guardian of the child named above, I hereby give my full consent and approval for my child to participate as a member in the RTR Knights Youth Football Camp.

I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my child's participation, and I am willing to assume these risk on behalf of my child. I hereby certify that my child is fully capable of participating in the designated camp and that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as disclosed to the coaches prior to the camp.

In addition to giving my full consent for my child's participation, I do hereby waive, release and hold harmless the organization named, its coaches, sponsors, supervisors, and representatives for any injury that may be suffered by child in the normal course of participation in the designated sports and the activities incidental thereto.

Parent/Guardian Signature