

PRAIRIE LITTLE HAWKS
YOUTH FOOTBALL CAMP
FEATURING THE PRAIRIE
HIGH SCHOOL STAFF
AND PLAYERS

The Prairie Youth Football camp will give all incoming football players an opportunity to learn individual position skills, football terminology, and participate in flag football games. The campers will be coached by the Prairie High School football staff and Prairie Varsity Football Players.

The camp will include an agility and flexibility segment, an offensive and defensive individual segment, special team segment, flag football games, and inspirational talks from our coaches and players.

Each camper will receive a personal ***HAWK FOOTBALL*** on the last day of camp.

This camp will give all campers, parents, and community members an opportunity to meet and interact with the high school football staff and players; as well as learn what skills and techniques are taught at the high school level.

CAMP INFORMATION

DATES & TIMES:

JULY 29TH, 30TH, 31ST

TIMES:

6:00-8:00 p.m.

GRADES:

2ND through 6TH in the Fall of 2019

FACILITIES:

The camp will be held at the Prairie High School Football Field

COST:

\$40.00 per camper
CASH or Make Checks Payable to:
Prairie HS Football Camp

QUESTIONS:

*** For more information please contact:**

Mark Bliss at 816-739-5010
Email: mbliss@crprairie.org

CAMPER INFORMATION

Name: _____

Address: _____

City: _____

Zip: _____

Parent/Guardian: _____

Home Phone: _____

Cell Phone: _____

Emergency Contact and Phone Number:

Camper Profile:

Height: _____ Weight: _____

Age: _____ Grade Next Fall: _____

Offensive Position: _____

Defensive Position: _____

Advanced Registration Deadline:

Pre-Registration deadline is **July 20th 2019**. If you choose to Pre-Register

Please send registration to:

College Community School District
Coach Mark Bliss /Prairie High School
401 76th Avenue Southwest
Cedar Rapids, Iowa 52404-7034

RELEASE OF LIABILITY

In consideration of the Prairie Youth Football Camp and granting the camper permission to participate, I hereby state that the Prairie Football Youth Camp and the individual's representing the Prairie Youth Football Camp are not responsible for any preexisting injury or recurrence of any undisclosed preexistent injury or illness of the listed camper. I further acknowledge and release the Prairie School District, the Prairie High School Football Program, the Youth Camp and All Coaches and players, and all its participants in said football camp from all liability including claims and suits at law or equity for injury that may result from the camper taking part in the Prairie Youth Football Camp.

_____ **INITIALS**

I, as a parent or legal guardian, acknowledge and fully understand that the participant will be engaging in activities that involve risk or serious injury and that there may be other risks not known or not reasonably foreseen at this time. I assume all the foregoing risks and accept personal responsibility for any damages following such injury, permanent disability, or death. I hereby consent to said minor's participation and assume all the risks of his/her personal injury that may result from the football camp activities.

_____ **INITIALS**

Parent or Guardian Signature:

Date _____

SCHEDULE OF CAMP

Typical Camp Day

6:00 – 6:10- Dynamic Stretching

6:10– 6:35 Offensive Individual

6:35–6:40 - Water

6:40 – 7:05- Punt, Pass, & Kick

7:05 –7:25- Defensive Individual

7:25 – 7:30- Water

7:30 – 7:40- 7-on-7 / Pass Rush /Pro

7:40 – 8:00- Flag Football

PRAIRIE LITTLE HAWKS FUTURE CHAMP FOOTBALL CAMP

*FEATURING THE PRAIRIE HIGH
SCHOOL FOOTBALL STAFF &
HIGH SCHOOL PLAYERS*



LOCATION:

**PRAIRIE HIGH SCHOOL
FOOTBALL STADIUM**

DATES:

JULY 29TH, 30TH, 31ST

TIMES:

**REGISTRATION 5:00PM
CAMP 6:00-8:00 PM**