

SACRED HEART

JUNIOR HIGH FOOTBALL CAMP

2023

Sacred Heart is having hosting a Junior High Football camp to build and develop the fundamental skills that all football athletes need.

Skills taught

- Passing
- Catching
- Blocking
- Tackling
- Basic route running

Cost per athlete will be \$45

Please have your athlete bring a water bottle and come in a good set of workout clothes

Football cleats are not required but encouraged

July
17th - 20th

Sacred Heart
High School

10am - Noon

Open to students entering
6th-8th Grade

If your child wants to attend the Sacred Heart Junior High Football camp please fill out and return the bottom portion of this flier to the school office or a Sacred Heart Coach.

Students name: _____

Students grade for the 2023-2024 school year: _____