

# SACRED HEART

## JUNIOR HIGH FOOTBALL CAMP

# 2024

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 wear athletic clothing

Football cleats are not required but encouraged

**July**  
22nd - 25th

Sacred Heart  
High School

10am - Noon

Open for the 2024-2025 4th -8th  
grade students

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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 2024-2025 school year: \_\_\_\_\_