

**2021 Winter Session**

# FOOTBALL CAMP

**Weight Lifting  
Strength Conditioning  
8 Week Session**

## **Group 1**

**Mar 15th - May 14th**

Open to Current  
8th Graders  
4 Days Per Week  
Mon, Tue, Thu, Fri  
3:30 pm - 4:30 pm

**\$60**

\*PRICE INCLUDES T-SHIRT\*

## **Group 2**

**Mar 15th - May 14th**

Open to Current  
9th Graders  
4 Days Per Week  
Mon, Tue, Thu, Fri  
4:30 pm - 5:30 pm

**\$60**

\*PRICE INCLUDES T-SHIRT\*

\*MADATORY COVID-19 TESTING EVERY TWO WEEKS\*

\*\*SUBJECT TO CHANGE BASED ON PARTICIPATION / COACHED ASSIGNED\*\*

\*\*\*T-SHIRT OPTIONAL IF PURCHASED DURING 1ST SESSION\*\*\*

**Registration Day is March 15th Only  
Payment accepted at registration (Cash & CC only)  
From 3:00 p.m. to 4:30 p.m. In Weightroom**

**Download registration forms at**

**<https://www.Copperhillsfootball.Org>**

## **Dates to Remember**

March 15th 3-4:30pm - Registration (No lifts this day)  
March 29th to April 2nd - OFF (Spring Break)

**All In!  
All Together!  
All The Way!**

**COPPER  
HILLS**

