

# BISHOP LUERS FOOTBALL CAMP

## **2010 Home of the AA State Champion Knights!**



**What:** Luers Football Camp for Boys in 2010-11 grades 5<sup>th</sup> through 12<sup>th</sup> \* High School age campers must be registered students of Bishop Luers High School.

**When:** **Monday, July 19 through Thursday, July 22**

**Time:** **8:00am - 10:00am+**  
*+High school ages 8am-11am+*

**Site:** Luersfield, Home to the Knights, 333 E.Paulding Road, Ft Wayne, 46816

**Cost: \$60.00 per camper** (\$100.00 for 2 campers per family-\$145.00 for 3 campers per family)

**Objectives:** Campers will receive Basic Instruction in Football Fundamentals. **This is a Contact camp!** Emphasis is on learning basic skills in blocking, tackling, receiving, and all ball skills. There is an introductory period each day that features flexibility, agility and conditioning. Please come to camp prepared for hard work. Campers will be shown a variety of techniques, and ways to use those techniques effectively in games. *We always emphasize hard work at Luers, but also that football is safe and fun when played correctly!*

**Equipment Needed:** **This is a Helmet and Shoulder pads camp.** 5<sup>th</sup>-8<sup>th</sup> graders should see their Junior High school coach about proper equipment. *All Campers need to bring their own helmet, shoulder pads and cleats*

*.Mouthpiece and practice jersey supplied by Bishop Luers. Camp Instructors: Luers Coach Matt Lindsay and our outstanding staff including many former Luers greats!*

