



RIDGEWOOD FOOTBALL & BASEBALL SUMMER CAMP

JULY 7 - 11 (MON-FRI)

YOUTH SUMMER BASEBALL CAMP

9AM - 11AM

**VARSITY BASEBALL
FIELD**

Players participating in the youth baseball camp will learn the fundamentals of hitting, throwing, catching, and base running. The camp will be directed by the RHS Coaching staff and members of the Varsity Baseball Team. There is no better way to improve as a baseball player than to train with the Rebels during the summer.



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JULY 14- 18 (MON-FRI)

YOUTH SUMMER FOOTBALL CAMP

9AM - 11AM

FOOTBALL FIELD

This camp will teach the basic fundamentals of football; proper tackling techniques, throwing, receiving, route running, lineman technique, etc. Participants will also learn the game of flag football. The high school coaching staff will be directly instructing the athletes.



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LAST DAY APRIL 28

COMMEMORATIVE STATE FOOTBALL CLOTHING

ORDER TODAY!

The tradition lives on! The State Qualifying Shirt is back, celebrating the rich history of Ridgewood Rebels Football. This year, we've added the most recent team helmets to the design, paying tribute to every squad that battled their way to the IHSA State Football Playoffs.



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