



Fairfield College
Preparatory School

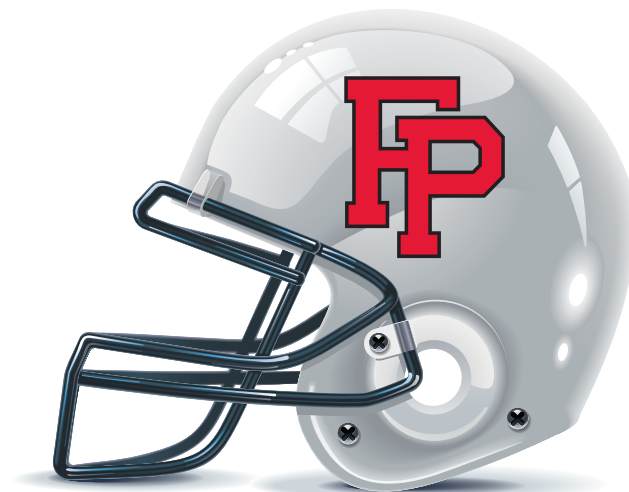
A Jesuit, Catholic School of Excellence

For more information and to register online visit:

JESUITPRIDE.COM/FOOTBALLCAMP



Fairfield Prep Football Camp



JULY 20-24, 2020

FOR STUDENTS ENTERING

5th, 6th, 7th and 8th grades

- ★ Hosted by Fairfield Prep Head Football Coach Keith Hellstern and staff
- ★ Skills, fundamentals and technique “non-contact” camp
- ★ Held on Fairfield Prep practice football field, “Barlow Field”

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Contact: **TOM CURRAN**, tcurran@fairfieldprep.org, 203-254-4200 x2210

KEITH HELLSTERN, khellstern@fairfieldprep.org , 203-254-4200 x2235



Fairfield Prep Football Camp

July 20-24. Students entering **5th, 6th, 7th** and **8th Grades**

Monday-Thursday 9:00 am-1:00 pm. Friday 9:00 am-11:00 am

The landscape of youth, high school, college and professional football is changing every day. There is a heightened awareness on player safety and on how the game is taught. Proper technique, skills and fundamentals development are paramount in creating a safer environment for players.

The purpose of the Fairfield Prep Football Camp is to provide athletes interested in football (Grades 5-8) the opportunity to improve and learn those fundamentals. The camp is led by Fairfield Prep Head Football Coach Keith Hellstern and his staff.

This is a “non-contact” camp. The camp will be held on Fairfield Prep’s football practice field, “Barlow Field.” Campers will receive a t-shirt and medal at the conclusion of the week.

A certified athletic trainer will be on site. Campers must either send in, or bring on the first day of camp, a copy of their physical form and a copy of their medical insurance card.

Camp Awards:

- Skills Challenge Winners
- Linemen Challenge Winners
- Punt, Pass and Kick Winners
- Hustle Award
- Sportsmanship Award

Athletes Need to Bring Every Day:

- Cleats and sneakers
- Athletic Shirt and Shorts
- Personal Water (will be provided)
- Bagged lunch

Cost: \$225 per camper

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Fairfield Prep Football Camp

Daily Itinerary

9:00-9:30 am	Dynamic Warm-up and Stretch/ Conditioning/Demonstration
9:30-10:15 am	Offensive Individual Skills (10 minute basic skills circuit/ 25 specific drills by position group)
10:15-11:00 am	Defensive Individual Skills (10 minute basic skills circuit/ 25 specific drills by position group)
11:00-11:30 am	Extended water break and snack
11:30 am-12:00 pm	Special teams circuit/ youth combine competition
12:00-12:45 pm	7 on 7 passing league game
12:45-1:00 pm	Cool down stretching and lecture

