



Notre Dame High School
Football Field

Notre Dame High School Football Presents
YOUTH FOOTBALL CAMP

Dates:

05/21/22 9am-1pm

06/11/22 9am-1pm

07/23/22 9am-1pm

Contact

Rick Pontious
Head Coach

✉ titanfootball@ndhsriverside.org

4th-8th graders

To Pre-Register
Scan QR code



Payments will be collected at check-in. Those pre-registered for all 3 camps will receive a FREE T-shirt. Those not attending all 3 camps can purchase a T-shirt for \$15

Camp Fee

\$25 per camp or \$60 for all 3 camps.

Payment due at check-in.

T-shirt included for those enrolled in all 3 camps.

T-Shirts can be purchased for \$15!

Camp Info

Notre Dame High School Football program is offering a football camp to any 4th - 8th grade students.

Activities Include:

- Basics and Fundamentals
- Speed Agility and lateral movement drills
- Individual/Position specific training

Camp Schedule

9:00am-9:30am: Check-In

9:30am-9:45am: Stretches & Warm-Ups

9:45am-10:00am: Speed/Agility Drills

10:00am-10:30am: Position Drills

10:30am-11:15am: Offensive OTAs

11:15am-12:00pm: Defensive OTAs

12:00pm-1:00pm: Pick-ups

What To Wear/Bring

Athletic apparel, cleats, water bottle, towel and a positive - ready to work attitude!

#Titans