

2024 JR. Wildcat Camp



Grades: 1st-8th

Sign up based on Grade Entering Fall 2024
34 Year (Non-Contact)

SELBERT'S
Automotive

SELBERT'S
AutoBody

Steve Parker - Agent
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AUTO • HOME • LIFE



DATE: JUNE 3rd-6th

TIME: 8:30-11:00 AM

COST: \$85 1-PARTICIPANT
\$150 2-PARTICIPANTS
\$200 3-PARTICIPANTS

WHERE: EUREKA HIGH SCHOOL

ATTIRE: T-SHIRTS/SHORTS, CLEATS

BRING: TENNIS SHOES, WATER BOTTLE,
GREAT ATTITUDE

PARTICIPANTS WILL RECEIVE

- WILDCAT FOOTBALL T-SHIRT
- 2024 TEAM WRISTBAND "Finish"
- SKILLS TESTING CERTIFICATES
(20/40/B. JUMP/PRO AGILITY)
- CERTIFICATE/ MEDALS:
 - *7ON7 WINNERS
 - * PUNT PASS KICK COMPETITION

Camp Director: Pat Grimshaw

E-mail: Grimshawpatrick@rsdmo.org

Camp Details

- Proper static/ Dynamic stretching
- Form running and agilities
- Proper Football Stances and start
- General Football Instruction
- Basic rules & regulations of the game
- Walk through form block and tackle-Safety
- Passing and receiving techniques
- Long snap, punting & kicking
- All positions offensive & defensive
- 7 on 7 Passing League(Last Hour Each Day)

Technique covered in camp:

Offense: Linemen, Receivers,
Quarterbacks, Running backs

Defense: Linemen (Tackles/Ends),
Linebackers, Defensive Backs
* Safe Blocking/Tackling will be
covered in the older grades

Daily Routine

WARM-UPS

SKILLS ROTATIONS

COMPETITIONS

TESTING (20/40/PRO-AGILITY)

7 ON 7 TOURNAMENT

REGISTRATION/SIGN-UP: WWW.EUREKAJRWILDCATSFOOTBALL.COM