

Southside Football Camp
July 20-22, 2026
9:00 am- 12:00 pm
Wachter Middle School Football Field
Cost: \$75 before June 15 after \$80
Athletes entering grades 4, 5, 6, 7, 8



Search for **Southside Fitness and Training**

Camp Purpose:

The Southside Football Camp is designed to provide the camper with the opportunity to improve and refine the individual and team skills necessary to compete on a football team. Instruction will be given in the individual skills on both the offensive and defensive side of the ball, along with special teams. Team offensive and defensive strategies will be taught.

Equipment:

- Cleats or tennis shoes (Tennis shoes if weather forces us inside)
- Shorts, sweatpants, t-shirt, and/or sweatshirt
- Water Bottle, Bug Spray

Must register by June 15 to guarantee a t-shirt

Questions?

Contact Kevin Schmitcke at 701-220-3659
kevin_schmitcke@bismarckschools.org or
Andrew Prokop at 701-391-4750
andrew_prokop@bismarckschools.org

Please send registration and payment to:

Southside Fitness and Training
PO Box 2543
Bismarck, ND 58502

Make checks payable to: **Southside Fitness and Training**

****No refunds after June 25 or for inclement weather****

Registration information:

Participant's Name: _____

Grade (fall of 2026) _____ Shirt Size: _____ Youth/Adult
(Circle one)

Address: _____

City/State/Zip: _____

Parent/Guardian: _____

Phone Number: _____

E-mail: _____

(Please print email address legibly)

I CERTIFY that my child/participant is physically able to participate in all football activities. I understand that there are certain risks of injury inherent with football and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the Southside football instructors assume no responsibility for accidents or illness including contracting or exposure to Covid. The Bismarck Public Schools district and Southside coaching staff are not responsible for any medical expense that may incur due to participation. No refunds after June 25 or inclement weather. I agree to all of the conditions stated above.

Parent Signature _____