



# **Lafayette Youth Football Camp 2026**



**CAMP CONTACT:** Curt Mueller - [muellercurt@rsdmo.org](mailto:muellercurt@rsdmo.org)

**WHO:** Open to any students going into grades 3-8 (the grade they are entering in the fall of 2026).

**WHERE:** Lafayette High School Stadium Turf

**COST:** \$100

**CAMP DATES:**

- Tuesday, May 26th
- Wednesday, May 27th
- Thursday, May 28th
- Friday, May 29th
- Camp Time: 10 AM - 12 PM



**EQUIPMENT:**

- Water Bottle (We will have multiple water stations, but an individual water bottle to be refilled is needed)
- Apparel: shorts and a t-shirt
- Cleats (if you have them)

**CAMP ACTIVITIES:**

- Proper Dynamic Stretching
- Form Running and Agility Drills
- Form Blocking and Tackling Safety
- Passing and Receiving Techniques
- Position-Specific Drills to develop athletes per position
- 7 on 7 tournament for all athletes, divided up by grade level

**EXPECTATIONS:** Eat breakfast and stay hydrated for each practice and workout. Athletes need to make sure to bring any medical supplies needed (such as inhalers, etc) every day they attend. Students need to have that on them.

**Attendance:** Be early to check in each day for attendance.

**REGISTRATION & PAYMENT OPTIONS:**

**Online Form and Credit Card Payment through Parent Pay Online**

<https://mo-rockwood.intouchreceipting.com/>

If you do not want to pay online, please contact Coach Mueller [muellercurt@rsdmo.org](mailto:muellercurt@rsdmo.org)