



Prejean's Football & Fun

VC Summer Football Camp (June 14-17)

Time: 9AM - 12PM Cost: \$110

(Grades 3rd - 8th)

Registration can be done online [here](#), VC website, or walk ups.

Please contact brocprejean@vermilioncatholic.com for more information.

Coming off of a thrilling season which saw the Screaming Eagles go 8-1 and reach the State Semi-finals, we would like to invite our young men in the community out to enjoy a fun week of football, fun, and friendship at Vermilion Catholic. This camp will provide the athlete with fundamentals and techniques unique and integral to the sport of football through experienced instruction and various training methods to better prepare the athlete to compete in and understand the game of football.

What will the athlete receive?

- Official Camp T-Shirt
- Instruction on basic skills required in football
- Special Guest Speaker
- Interaction with Former Players and Current Coaches
- Team and Individual Competitions
- Position Specific Instruction as age appropriate
- Daily discussion topics emphasizing benefits of athletics

What to bring?

- Each camper needs to show up with tennis shoes in workout clothes appropriate to the weather conditions for that day. Cleats are recommended, but not necessary. (No Helmets)

Typical Day:

- A. Stride and Stretch
- B. Intro Discussion for the Day
- C. Individual Skills and Drills Session
- D. Group Interaction and Workout Session
- E. Team Competition

Note: Concessions will be made available if the athlete would like to put money in a “bank” or bring money to utilize throughout the week. We encourage athletes to bring their own water as well.