

2023 FOOTBALL CAMP

AHHS CUBS Football



The AHHS coaching staff along with guest coaches will be hosting a limited-contact team camp July 24th & 26th at the Alcester-Hudson game field. The purpose of the camp is to provide the athletes with instruction on technique and the fundamentals of the game. The AHHS Team Camp is for any boy or girl in grades 9-12 that is interested in playing football. The cost of the camp is \$25.



2023 AHHS TEAM CAMP

Schedule of Events: (July 24h& 26th)

7:45 – 8:00	1st Day (Equipment Handout)
8:00 – 8:15	Warm-up/Stretch
8:15 – 8:45	Offensive Individual Period
8:45 – 9:15	7-on-7/Special Teams
9:15 – 9:45	Team Offense
9:45 – 10:00	Contest/Competition Time
10:00 – 10:30	Defensive Individual Period
10:30 – 11:00	Goal Line/Long Yardage Def.
11:00 – 11:30	Team Defense
11:30 – 12:00	Contest/Competition Time

Mail all information to:
Alcester-Hudson High School
C/O AHHS Football Summer Camp
P.O. Box #198
Alcester, SD 57001

If you have any questions feel free to contact me at:
School: 605-934-1890
Coach Haak: 605-934-2471
Email:

Registration Information:

Name: _____ **Grade:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Parents' Names: _____

Phone # _____

Positions: Off. _____ **Def.** _____

T-shirt Size: _____

**Fill out and send in with signed permission slip and check made out to AHHS Football.
Please register by April 30th!**

Permission of Parents

My son or daughter has permission to attend the AHHS football camp. I certify that he or she has been examined by a doctor during the past year and cleared for playing football. I certify that he or she is covered by our family health insurance policy. If he or she is injured, I give permission to a doctor/trainer to perform appropriate treatment. I hereby release the AHHS and staff from all claims resulting in any injuries which may be sustained by my son or daughter.

Signed: _____ **Date:** _____

**Camp cost \$25.
Please Register by April 30th!**