

# FOOTBALL TEAM CAMP

11 MAN: WEDNESDAY, JULY 15  
8 MAN: WEDNESDAY, JULY 22



ACCOUNTABILITY  
TOUGHNESS  
AUTHENTICITY

## CAMP FEATURES

- Full contact controlled scrimmages
- Concordia University coaching staff available for breakouts, additional on-field coaching

## DAILY SCHEDULE

- 8 a.m. Registration open
- 9:30 a.m. – Team Stretch, “Team time”/Plays on air
- 10 a.m. – Scrimmage session 1
- 10:30 a.m. – Scrimmage session 2
- 11 a.m. – Concordia University Coaching staff drills
- 11:45 a.m. – Break for Lunch
- 2:30 p.m. – Team Stretch, “Team time”/Plays on air
- 3 p.m.- Scrimmage session 3
- 3:30 p.m. – Scrimmage session 4
- 4 p.m. – Closing remarks

## WHAT TO BRING

Each camper must provide his own equipment including cleats, helmet, mouthpiece, football pants and shoulder pads. Coaches need to bring, footballs and equipment kits.

## CAMP FEES

- \$40 per athlete

## RESERVE YOUR SPOT

Coaches, call 402-643-7199 or email [weston.coomes@cune.edu](mailto:weston.coomes@cune.edu) to reserve your team’s spot. Then mail the completed team camp registration form, medical release forms and payment to Coach Coomes.

# REGISTER ONLINE AT CUNE.EDU/FBCAMPS



## 2020 FOOTBALL TEAM CAMP REGISTRATION

Name \_\_\_\_\_ Grade (Fall '20) \_\_\_\_\_

Address \_\_\_\_\_

STREET CITY STATE ZIP

Phone \_\_\_\_\_ Email address \_\_\_\_\_

Emergency contact \_\_\_\_\_

NAME RELATIONSHIP

Emergency contact phone \_\_\_\_\_

School \_\_\_\_\_

T-shirt size ☐YS ☐YM ☐YL ☐AS ☐AM ☐AL ☐XL ☐XXL

Signature of parent or guardian \_\_\_\_\_

DATE \_\_\_\_\_

### REGISTRATION CHECKLIST

- ☐ REGISTRATION FORM
- ☐ MEDICAL RELEASE FORM  
Download at [cune.edu/fbcamps](http://cune.edu/fbcamps)
- ☐ PAYMENT  
Make checks payable to Concordia University Football Camp
- ☐ MAIL TO:  
Concordia University  
ATTN: Weston Coomes  
800 North Columbia Avenue  
Seward, NE 68434  
OR  
Register online at [cune.edu/fbcamps](http://cune.edu/fbcamps)

JULY 10, 2020

# FOOTBALL PROSPECT CAMP

(Available to all Juniors and Seniors)



**ACCOUNTABILITY  
TOUGHNESS  
AUTHENTICITY**

## CAMP FEATURES

- Testing (40 yard dash; L-Drill; Pro-Agility; Broad Jump)
- 1-on-1 competition
- Individual offensive instruction
- Individual defensive instruction
- Free Concordia camp T-shirt
- Camp awards

## CAMP SCHEDULE

- 1 – 5 p.m.

## WHAT TO BRING

- Workout gear
- Cleats

## CAMP FEES

- \$40 per athlete

## RESERVE YOUR SPOT

Contact Coach Coomes at 785-533-1402 or [weston.coomes@cune.edu](mailto:weston.coomes@cune.edu) to reserve your spot. Bring completed medical release form and payment to Coach Coomes.

**REGISTER ONLINE AT [CUNE.EDU/FBCAMPS](https://cune.edu/fbcamps)**

