

The C-Hawk Football Camps will focus on the fundamentals of all three aspects of the game: offense, defense, and special teams. Each day will include a competition.

Monday: Punt & Kick

Tuesday: Gauntlet & Hands

Wednesday: QB Challenge

Thursday: Passball Tourney

Awards will be given to winners in each age division. Treats will be provided each night. Participants

will receive a C-Hawk Football

shirt. **The first five kids to return their registra-**

tions will receive a prize.



COMMITMENT TO EXCELLENCE

CAMP WORKERS

CAMP DIRECTOR

RICH LUNDSTROM

HEAD COACH—CANTON C-HAWKS

MATT DAVID

DEFENSIVE COORDINATOR-CANTON C-HAWKS

SHANE SKILES

VOLUNTEER ASST.—CANTON C-HAWKS

MATT DEGEEST

VOLUNTEER ASST.—CANTON C-HAWKS

BRAD BEYKE

MIDDLE SCHOOL COACH -CANTON C-HAWKS

CURT MEENDERING

FRESHMEN COACH-CANTON C-HAWKS

ANDREW STEFFENSEN

VOLUNTEER ASST.-CANTON C-HAWKS

ERIC MCGILLIVARY

MIDDLE SCHOOL COACH-CANTON C-HAWKS

JEREMY ASK

MIDDLE SCHOOL COACH-CANTON C-HAWKS

TODD GANNON

VOLUNTEER ASST.-CANTON C-HAWKS

JAKE VERSTEEG

VOLUNTEER ASST.—CANTON C-HAWKS

MORE COACHES TO BE ANNOUNCED LATER

CURRENT AND FORMER C-HAWK FOOTBALL PLAYERS

**DUE BACK BY
JUNE 10TH**

C-HAWK FOOTBALL CAMPS 2019




C-HAWK FOOTBALL
800 NORTH MAIN ST.
CANTON, SD 57013

H.S. DATES: JULY 8-11, 15-18
M.S. (7TH & 8TH) DATES: JULY 15-18
YOUTH (2ND—6TH): JULY 22-25

TENTATIVE CAMP SCHEDULE

MONDAY

6:30 Introduce workers
 6:40 Stretching and form running
 7:00 Special teams stations
 7:20 Offensive stations
 7:40 Break/Drinks
 7:45 Defensive stations
 8:05 Punt & Kick competition

8:45 Announcements, hand out t-shirts, treats

TUESDAY

6:30 Stretching/form running
 6:45 Offensive stations
 7:15 Break/drink
 7:20 Defensive stations
 7:40 Team Offense

8:00 Gauntlet & Hands Competitions
 8:45 Announcements and treats

WEDNESDAY

6:30 Stretching/form running
 6:45 Defensive stations
 7:15 Break/drink
 7:20 Offensive stations
 7:45 Quarterback Challenge
 8:45 Announcements and treats

THURSDAY

6:30 Stretching/form running
 6:45 stations
 7:05 Passball Tourney
 7:25 Break/drink
 7:30 Passball Tourney
 8:30 Awards and treats

AWARDS TO BE GIVEN AT YOUTH CAMP
 -Punt & Kick Champion
 -QB Challenge Champion
 -Gauntlet Champion
 -Hands Champion
 -Passball Champs
 -Mr. Hustle—each day

*SCHEDULE SUBJECT TO CHANGE

SIBLINGS SPECIAL: 2 KIDS FROM SAME FAMILY—\$10 OFF(\$30); 3 KIDS—\$20 OFF(\$40); 4 KIDS—\$30 OFF(\$50), 5 KIDS—1/2 PRICE-\$50

2019 C-HAWK FOOTBALL CAMPS

Sign up for:	Time	Price
<input type="checkbox"/> H.S. Camp (grades 9-12) 7/8-11, 7/15-18	6:30-9:00p	\$20.00
<input type="checkbox"/> M.S. Camp (grades 7-8) 7/15-18	6:30-8:30p	\$20.00
<input type="checkbox"/> Youth Camp (grades 2-6) 7/22-25	6:30-8:30p	\$20.00

Note: The 7th and 8th graders go with the high school so they can get a jump on the season and be able to get right to practice when it starts in August..

TOTAL: _____

Name _____
 Grade going into next year: _____
 Address _____
 Phone _____

I acknowledge the health of my son to be ready for the vigorous activity of football camp. I absolve the director, coaches, and helpers from all claims on account of any injury that may be sustained by my son while attending or traveling to or from camp. I also understand that any medical bill incurred by my son while in attendance at the camp will be my responsibility or the responsibility of my health insurance plan. If an emergency arises, I release my child to receive emergency medical treatment.

Date _____ Parent/gaurdian signature _____

T-shirt sizes (circle one)
 Youth Med Youth Large Small
 Medium Large Extra Large
 XXL XXXL

QUESTIONS: CONTACT RICH LUNDSTROM AT 553-0816 MAKE CHECKS PAYABLE TO: C-HAWK FOOTBALL

Please detach and return with payment.