

## CAMP REGISTRATION

*This Registration Form Will Register  
you for the "O" & "D" Camp*

Participant's Name

Grade (Entering 2021)

Athlete Cell Telephone #

Address

City

State

Zip

Parent/Guardian's Name

Cell Telephone #

Home Telephone #

Email Address

Shirt Size \_\_\_\_\_ Adult

### LIABILITY WAIVER:

Waiver and Release: I hereby give my consent for the above-named student to participate in the O&D Football Camp. I also give my authorization for the O&D Football Camp staff to act in accordance with their best judgment in case of injury or emergency that may occur. I hereby waive the Football Staff or affiliates from any liability and / or any injuries which may occur while participating in said football camp.

Signature of participant, parent or guardian if under 18 years old

## SUMMER CAMP INFORMATION

*Monday July 26<sup>th</sup> – Wednesday July 28<sup>th</sup>  
9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Camp  
Cost: \$70 On or Before July 1<sup>st</sup>  
\$85 After July 1st*

### Monday P.M. Schedule

Warm up & Agility 6:00-6:10 PM  
Offensive Breakdown 6:20-6:40 PM  
Team Offense 6:40-7:10 PM  
Defensive Breakdown 7:10-7:30 PM  
Team Defense 7:30-8:00 PM  
Team Games 8:00-8:30 PM

### Tuesday P.M. Schedule

Warm up & Agility 6:00-6:10 PM  
Offensive Breakdown 6:20-6:40 PM  
Team Offense 6:40-7:10 PM  
Defensive Breakdown 7:10-7:30 PM  
Team Defense 7:30-8:00 PM  
Team Games 8:00-8:30 PM

### Wednesday P.M. Schedule

Warm up & Agility 6:00-6:10 PM  
Offensive Breakdown 6:20-6:40 PM  
Team Offense 6:40-7:10 PM  
Defensive Breakdown 7:10-7:30 PM  
Team Defense 7:30-8:00 PM  
Team Games 8:00-8:30 PM

### WHERE: Legacy High School.

### Equipment

Players will need to make arrangements with their coach to secure football equipment before camp begins. \*Water Bottle\*

## "O" & "D" CAMP OBJECTIVES

*The purpose of the "O" & "D" Football Camp is to develop the fundamentals needed to become a successful football player.*

Our focus will be on teaching fundamentals as well as implementing our offensive and defensive schemes. The camp will also stress the skills involved in special teams play

### The Camp Will Focus On:

- Offensive Fundamentals
- Defensive Fundamentals
- Offensive Schemes
- Defensive Schemes

## "O" & "D" CAMP STAFF

The Legacy High School Football Staff will be conducting the "O" & "D" Camp

### Make Check Payable to:

*Touchdown Club*

### Mail To:

Touchdown Club  
c/o Chris Clements  
1928 Tahoe Dr.  
Bismarck, ND 58504

*\*\*No refunds will be given after July 1<sup>st</sup>\*\**

### ADDITIONAL INFORMATION

For additional information regarding the camp please contact Coach Clements at 701 471-7488 or at [chris\\_clements@bismarckschools.org](mailto:chris_clements@bismarckschools.org)

### STRENGTH PROGRAM INFO

The 2021 Sanford POWER Training Program will begin on Monday, June 7<sup>th</sup>. Sessions will take place every Monday, Tuesday Wednesday, and Thursday through July 29<sup>th</sup>. We encourage every athlete entering grade 9 through 12 to register for a Session.

**Summer Strength & Conditioning Fee:**

M, T, W, Th Group Sessions - \$125

Registration forms maybe found online at:

[www.bismarckschools.org/district/schools/secondary/legacy/](http://www.bismarckschools.org/district/schools/secondary/legacy/)

**Questions?**

Call Chris Clements at 701-471-7488.

Chris Clements  
1928 Tahoe Dr.  
Bismarck, ND 58504

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# 2021 “O” & “D” Football Camp

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9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Camp*

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## “O” & “D” Camp Fees

*\$70 On or Before July 1<sup>st</sup>  
\$85 After July 1<sup>st</sup>*