

# Tri-Cities Summer Football Camp

## June 16-20, 2008

Currently, we have 13 schools attending. Each day of the camp, except for Friday, June 20<sup>th</sup>, each school will have a morning practice at their school. In the early evening hours from 5:30-8:00, all schools will meet at Hanford High School. Trainers, medical personnel, water, taping will be provided by the camp's schools or money provided by each school to hire. Hanford and Kamiakin will coordinate the medical needs.

Throughout the camp's week some schools will go to another school to help them out on bus expenses, etc. For example, KAHS and Pasco are going to Walla Walla June 17<sup>th</sup>, and two other schools with go to Walla Walla on June 19<sup>th</sup>.

Friday, June 20<sup>th</sup> the camp will conclude with championship day at Lampson. All medical people will be at Lampson. The Championship schedule will be:

Frosh 4-6p.m.

JV 6-8p.m.

Varsity 8-10p.m.

These games will use officials.

## Tri-Cities Summer Football Camp Details

June-16 Monday 10:30-12:30 at Lampson Stadium. (Frosh @ KAHS)  
Hanford High school 5:30-8pm 9-12 grades.

June 17- Tuesday 8:30-10:30 a.m. at Lampson Stadium (Frosh @KAHS)  
Walla Walla High school 5:30-8p.m. 9-12 grades- Buses provided.

June 18- Wednesday 10:30-12:30 at Lampson Stadium (Frosh @ KAHS)  
Hanford High school 5:30-8p.m. 9-12 grades.

June 19- Thursday 8:30-10:30 Lampson Stadium (Frosh @ KAHS)  
Hanford High school 5:30-8p.m. 9-12 grades

\*June 20- Friday

Frosh Championships 4p.m.

JV Championships 6p.m.

Varsity Championships 8p.m.

All games take place at Lampson Stadium with officials, concessions, and a \$1 charge for spectators.

(on back)

# Camp Practice

\*5:30 Stretches

5:40 Form Running

5:50 Form Tackling

6:00 Defense Drills

1. Linebacker Drills.
2. Defensive Line.
3. Defensive Backs.

6:20 Offensive Drills

1. Offensive Line.
2. Backs.
3. Receivers.

6:40 7-7; Pass Blocking vs. Defensive Line

7:00 Red Zone Drills

\*\*7:20 Shotgun Scrimmages

7:55 Stretch

8:00 Dismissal

\*\* Schools will be matched, 3-4 Teams at each setting.

\* Sample practice- we are very flexible on this format.