

Ripon Christian High School Iron Man Football Camp

June 1st through July 1st, 2022



ABOUT THE CAMP...

This summer, Ripon Christian Football will hold its **3rd Annual "Iron Man"** Competition and Summer Football Workouts for grades 9-12. This program includes football drills, plays, concepts, conditioning, speed, agility, and football skills.



ARRIVAL AND DEPARTURE...

June 1st, 2nd, & 3rd

- Wednesday & Thursday, 5-8 PM, Friday 8am

June 6th through July 1st

- Mondays through Thursday, 5-8pm

- No workouts June 13th Through June 16th

- Make-Up days for work outs are on Fridays 8-10am,

June 10th, 17th, 24th & July 1st

- First day of fall practice: Monday, July 25th

- **Bring:** Water, Cleats, Tennis Shoes

- **Wear:** Camp Provided Spirit Pack shorts and T-Shirt



For more information contact
Coach Grams: pgrams@rcschools.com
or 916-412-3970

Spirit Pack Includes:

- 1 blue and 1 white T-Shirt
- 1 pair of shorts
- 1 girde
- 1 mouth piece
- All Season Gear
(except shoes & gloves)



2022 Iron Man Football Camp Application

Fee \$150.00

Includes spirit pack
Make checks payable to
Ripon Christian Schools



Participant's Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____ Age: _____

T-Shirt Size: S M L XL XXL

T-Shirts are adult sizes. Please circle one.

I authorize the camp director to obtain medical attention for my child if s/he is injured or becomes ill. I have insurance covering my child in case of accident or injury. I know of no pre-existing condition that prohibits my child from participating.

Parent Signature

Cell Phone Number

*Please return this application
and camp fee to:
RCHS, Attn: Coach Grams
435 Maple Ave
Ripon, CA 95366*