

# Ripon Christian High School Iron Man Football Camp

May 30th through July 30th 2023



## ABOUT THE CAMP...

This summer, Ripon Christian Football will hold its **4th 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...

**May 30th, 31st & June 1st** (June 1st = 1st day w/Freshmen)

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

### June 5th through June 30th

- Mondays, Wednesdays & Thursdays, 5-8pm

- **Tuesdays 8-11am**

- **No workouts June 19th Through June 22nd**

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

June 2nd, 9th, 23rd & June 30th

- First day of fall practice: Monday, July 24th, 5pm

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

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



For more information contact  
Coach Grams: [pgrams@rcschools.com](mailto: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)



# 2023 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

\_\_\_\_\_  
Parent name (please print clearly)

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