# PAOLA PANTHER FOOTBALL Camp 2025



### **Upcoming 7th and 8th:**

- July 14-16
- 7am-8:30am
- At Paola's Game Field

# What you Need:

- \$40 base, \$50 w/camp shirt
- Athletic Attire
- Football or Baseball Cleats(no metal spikes)
- There are no pads or helmets in camp, tackling dummies and hand shields will be used

## **What Camp is About:**

- Skills: Using proper form.
- Agility: Getting faster/stronger.
- IQ: Learning the game.

## Prepare for the Fall

- Panthers the past few years have done a great job preparing for the season in the summertime.
- Learn plays, technique, and winning habits.
- One NFL Football card each!

# Parent/Guardian Sign Up:

Scan or email Coach T.

