



UMD Football Small Group Camp

- Small groups offered to grades 7 through 12
- Available to work on any facet of the game including physical preparation, mental preparation, other sport needs, and training development
- Small group plans will be developed by the coaching staff in order to maximize learning and reps for all athletes involved
- No more than 6 players per session to ensure hands on instruction
- Camp will be held at Malosky Stadium and surrounding UMD campus facilities. Indoor facilities may be used dependent upon weather.
- Cost is \$80 per hour with 2.25 hour sessions.
- See available dates on the other side. Times and days subject to change.

Equipment: Please bring outdoor running or basketball shoes, indoor running or basketball shoes, football cleats, and appropriate workout clothing. Footballs and cones will be provided.

For questions or to schedule a time, please contact Jason Balts at balts005@d.umn.edu

Available Dates:

**All dates/times subject to change*

Month	Date	DOW	Time	Hours
June	4th	Tuesday	2:30-4:45	2.25
	5th	Wednesday	2:30-4:45	2.25
	6th	Thursday	2:30-4:45	2.25
	21st	Friday	2:30-4:45	2.25
	26th	Wednesday	2:30-4:45	2.25
	27th	Thursday	2:30-4:45	2.25
	28th	Friday	2:30-4:45	2.25
July	9th	Tuesday	2:30-4:45	2.25
	17th	Wednesday	2:30-4:45	2.25
	18th	Thursday	2:30-4:45	2.25
	19th	Friday	2:30-4:45	2.25
	24th	Wednesday	2:30-4:45	2.25
	25th	Thursday	2:30-4:45	2.25
	26th	Friday	2:30-4:45	2.25
	29th	Monday	2:30-4:45	2.25
	30th	Tuesday	2:30-4:45	2.25
	31st	Wednesday	2:30-4:45	2.25
August	1st	Thursday	2:30-4:45	2.25
	2nd	Friday	2:30-4:45	2.25
	5th	Monday	2:30-4:45	2.25
	6th	Tuesday	2:30-4:45	2.25
	7th	Wednesday	2:30-4:45	2.25