

KAPAUN MT. CARMEL CATHOLIC HIGH SCHOOL
FOOTBALL
SUMMER 2010

TEAM CAMP:

JUNE 1-5 7:00-11:00AM

@ KMC CAMPUS & WEIGHT ROOM

WHAT TO WEAR: T-SHIRT, SHORTS, CLEATS IF YOU HAVE THEM. PLEASE BRING ATHLETIC SHOE FOR WEIGHT ROOM AND GYM.

PERMISSION/WAIVER SHEET NEEDED, BUT NOT PHYSICAL.
COST \$85-WHICH INCLUDES 2 SHIRTS, SHORTS, SOCKS,
INSURANCE, WEIGHT ROOM FEE AND SNACKS.

MAKE CHECK PAYABLE TO **CRUSADER FB**

NOTE: 2ND FAMILY MEMBER IS \$60

HCC CAMP:

JUNE 6-8 LEAVE SUNDAY MORNING FROM AJ'S (31ST AND ROCK)
*\$150 PAYABLE TO HCC

WEIGHTS & CONDITIONING:

MONDAY THRU THURSDAY
BEGINS THURSDAY JUNE 10

2 SESSIONS: 5:30AM-7:10AM
6:50AM-8:45AM

******POSSIBLE CHANGE IN SCHEDULE TBA**

COME TO EITHER SESSION, HOWEVER WE WILL HAVE
TO BALANCE OUR ATTENDANCE.

PLEASE CONTACT COACH ADELHARDT IF YOU HAVE ANY QUESTIONS OR
PROBLEMS ABOUT ANYTHING. CRUSADER FOOTBALL NEEDS YOU!

CONTACTS: COACH DAN ADELHARDT 620 217-9030 CELL
316 688-1454 HOME

7 ON 7- WEDNESDAYS BEGINNING JUNE 16

ROSE HILL- 9AM (BRING WATER) YOUNGER GUYS
HEIGHTS-EAST-6PM (BRING WATER) OLDER GUYS