

Camp Bothellhood- August 21-23

WHAT SHOULD A PLAYER BRING TO CAMP?

Reminders to Players:

1. This football camp is intended to help us get better as a football team. Players will be learning new skills, techniques and schemes, and most importantly becoming closer as a group.
2. Like all privileges there is responsibility. Players are representing Bothell High School and our football program. Do not do anything to embarrass yourself or our school.
3. *All Bothell High School athletic code rules apply at camp!* "Do the right thing!"
4. Any person violating camp rules will be sent home immediately, forfeiting their camp experience.
5. Have fun, learn a bunch, and make it a great experience.

Reminders to Parents:

This camp is meant for the players & coaches only. Coach asks all parents to respect this request and not come up to watch practices.

Emergency Contact: Coach Bainter – 206-795-9922; Trainer Dan - 425-418-1648; Coach China – 206-307-7316; Coach Enyeart – 562-221-1128

WHAT TO BRING:

Practice jersey, shorts, helmet & cleats – No pads needed WIAA rules dictates that the first three days of practice are without pads.

A comfortable pair of running shoes

Personal toiletry items: soap, shampoo, toothbrush, deodorant, contact lens items, and medications (allergy, inhalers, etc. You must check in all medications with Trainer Dan)

Plenty of socks, t-shirts, underwear for practice sessions (there will be 2 practices each day)

Pillow, sleeping bag or bedding material & Air Mattress (we will be sleeping on the gym floor)

TOWEL – for showers!

Shorts, t-shirts, sweatpants, hoodie, etc. for evening team activities

DO NOT BRING:

Money – there is nothing to buy!

NO CELLPHONES