

## Niles North Vikings 2013 Summer Football Camp Information

### What:

[Niles North Summer 2013 Football Camps](#)

Under the direction of the Niles North Viking Football Coaching Staff

### Dates/Times:

Camp # CNBF01

Varsity & Sophomore Football Camp and

June 10–July 25

(Mon. thru Fri.)

Strength & Conditioning Camp

1:00 p.m. - 4:00 p.m.

No camp from July 1 thru July 7

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Camp # CNBF03

Freshmen Football Camp:

July 9–July 26

(Mon thru Thurs.)

1:00 p.m. - 3:30 p.m.

### Place:

Niles North Chuck Pos Football Stadium/Niles North Practice Fields/Weight Room

### Fees:

Varsity & Sophomore Camp: \$130.00

Includes a Camp T-Shirt & Shorts

Freshmen Camp:

\$90.00

Includes a Camp T-Shirt & Shorts

### How do you Enroll for the Camp(s)?

Go to the Niles North Summer Camp Web Page at: <http://summer.niles219.org/>

Select "Football Camps" and follow the directions.

### Equipment Needed:

Athletic shorts and t-shirts, two pairs of shoes (one pair of football cleats and one pair of gym shoes), a water bottle, and a positive attitude; all Niles North High School students will be issued football equipment as needed.

### Description of Camp:

All camps will stress learning and growth, as a football player, a team-mate and a young man. Proper fundamentals, techniques, and sportsmanship are vital to being a Niles North Viking or Junior Viking. Each athlete will be introduced to basic offensive and defensive schemes installed at specific levels. Correct discipline, strength & conditioning techniques, and fundamentals will be the focus of this camp. Participation is vital to each athlete's success on and off the field.

Questions: Call Mark Egofske at 847-626-2297 or e-mail: [marego@d219.org](mailto:marego@d219.org)