



## **Boulder High School Summer Youth Contact (pad) Camp**

**Where: Boulder High School**

**Who: 4<sup>th</sup> – 9<sup>th</sup> grades**

**When: Wednesday, July 15<sup>th</sup> – Friday, July 17<sup>th</sup>**

**Time: 6:00 PM – 8:30 PM**

**Cost: \$100**

The coaching staff at Boulder High School is committed to developing fundamental skills and knowledge to help youth football players develop the knowledge and fundamentals in a contact environment to succeed during the fall.

**This contact camp will be designed to:**

- Learn proper fundamentals to ensure safety in the season.**
- Develop sprinting/change of direction skills at all positions.**
- Increase blocking/tackling/ball handling skills at all positions.**
- Increase technique and fundamental skills at all positions.**
- Increase the understanding and knowledge of the game.**

We will have the varsity staff from Boulder High School, as well as several other area high school coaches, strength and conditioning trainers. Safety in all activities will be emphasized.

If you have any questions please feel free to contact **Jeff Santee** @ 720-323-2758 or email him @ [jpsantee@yahoo.com](mailto:jpsantee@yahoo.com).