

Wellington C Mepham High School

Football (M)



# MEPHAM FOOTBALL AM Weights/PM Football Skills

**Camp Start Date:** July 6, 2021

**Start Time:** 7:00:00 AM

**Camp End Date:** August 20, 2021

**End Time:** 12:00:00 PM

**Date Details:** July 6th - August 20th

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**Venue Name:** Mepham High School

**Venue Address:** 2401 Camp Avenue, Bellmore, NY 11710

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**Camp Cost:** \$90.00

**Questions:** Anthony Cracco [acracco@bmchsd.org](mailto:acracco@bmchsd.org) (516) 992 - 1509

**Special Notes:**

This camp is for football players grade 8-12 who attend or will attend Mepham. Please contact Coach Cracco with any questions prior to registering. Athletes will be grouped by grade/position. Weight Room Sessions: MONDAY-TUESDAY-THURSDAY-FRIDAY GRADES 8,9 ALL POSITIONS 7:15AM-8:45AM GRADES 10-12 SKILLS 8:45AM - 10:15AM GRADES 10-12 LINE 10:15-11:45AM EVENINGS 5-7:45PM ON MONDAYS AND THURSDAYS