



## July Summer Camp

### WHEN:

July 12<sup>th</sup> – July 29<sup>th</sup>  
Monday - Thursday  
8am – 11am

### WHERE:

## Bloom High School

Meet at our game field on Monday at 7:45am.

### Items you will need everyday:

1. Wear comfortable athletic clothes. (Colors: Blue, Navy, White, Gray or Black.)
2. Have football cleats and a pair of indoor gym shoes in case of bad weather.  
(We will hold camp in our fieldhouse if it is raining.)
3. Bottle/Jug of water to hydrate during camp.

Our football camp will provide position-specific training with physical and mental conditioning for all-around development. Players will improve balance, movement, concentration, confidence, flexibility and power. We will also be building Team Chemistry during this time.

We only got 20 days to hold camp this summer per IHSA and we used up 7 days in June. We have 13 days left to take advantage of to improve ourselves as a TEAM.

[HTTP://IL.8TO18.COM/BLOOM/ACTIVITIES/FOOTBALL/B](http://il.8to18.com/bloom/activities/football/b)

## LEVELS:

VARSITY PLAYERS  
SOPHOMORE PLAYERS  
FRESHMEN PLAYERS

## IMPORTANT DATES:

July Session Starts:  
July 12<sup>th</sup> – July 29<sup>th</sup>  
Fall Sessions Starts:  
August 9<sup>th</sup> – 22<sup>nd</sup>

## CONTACT INFORMATION

Head Varsity Coach:  
Coach Palombi  
[tpalombi@sd206.org](mailto:tpalombi@sd206.org)

Head JV/Freshmen Coach:  
Coach White  
[swhite@sd206.org](mailto:swhite@sd206.org)

Athletic Director:  
Mr. Joe Reda  
[jreda@sd206.org](mailto:jreda@sd206.org)

AD Secretary:  
Juanita Dilbeck  
[jdilbeck@sd206.org](mailto:jdilbeck@sd206.org)