

# **Milford High School First Annual Conditioning Camp**

## Milford Football Mission Statement

The mission of the Milford Eagle Football Program is to enhance the development of the student athlete. We will accomplish this mission by creating a climate and culture of character, discipline, and excellence through a commitment to education, team, and community.

**Dates:** Tuesday, May 17<sup>th</sup> through Thursday, July 14<sup>th</sup> (9 weeks every Tuesday and Thursday)

- 18 one hour sessions designed to improve athleticism and overall fitness

**Time:** 6:30 p.m. – 7:30 p.m.

**Where:** Milford High School Athletic Fields (Eagle Stadium and fields on HS/JH campus)

**Cost:** \$20.00 per camper

**Each camper receives:** T-shirt

**Enrollment:** Athletes presently in grades 1<sup>st</sup> – 7<sup>th</sup> are eligible to attend.

**Staff:** The staff will include current and past Milford High School athletes as well as the Milford High School coaches.

**Registration:** Forms will also be available for pick up at Milford High School in the Athletic Office. An **Enrollment Form** and **Emergency Medical Form** must be completed to register.

**Mail forms and registration fee to:** *Head Football Coach Shane Elkin, Milford High School, One Eagles Way, Milford, Ohio 45150.*

**Questions:** Email any questions to Shane Elkin at [elkin\\_s@milfordschools.org](mailto:elkin_s@milfordschools.org)