

LEX FOOTBALL ASHLAND UNIVERSITY CAMP

Minutemen,

We will attend Ashland University for a team camp on July 17th – 19th for Soph. through Seniors. We will stay the night on Monday the 17th and Tuesday the 18th. We will return on Wednesday July 19th. The bus will leave and return from the stadium parking lot. Be at the stadium parking lot by 7:45 am on Monday. The bus leaves at 8:00 am. The bus will leave AU at 2:30 pm on Wednesday. This is a very important camp and every player is encouraged to attend.

The team will stay in the AU dorms together with the coaches. I will assign rooms at a later date. The camp will consist of two days of team practice, lifting sessions, and a 7 on 7 and Big Man Competition on the 19th. Parents are encouraged to come the 19th to watch the boys compete! We will also have an evening at the University pool for recreation. Each player must have a signed AU Waiver form to swim. Each player will receive 3 meals a day at the award winning dining hall. Players are welcome to bring money for late night pizzas.

The price of the camp is \$175.00 per player. *Please contact me directly if there are conflicts or difficulties.* Due Friday, July 14th. Make check out to "Lex Athletic Boosters". Turn in to Coach Gerhardt.

Below is a list of what each player **must** bring to camp for practice. It is encouraged to bring additional clothing for after practice:

- Helmet and mouth piece
- 2 pair of black, purple or grey shorts per day
- 2 tee-shirts. Must be purple, yellow or grey plain or Lex tees.
- Additional clothing for after practices.
- Cleats, sneakers (workout shoes) and flip-flops/slides.
- Towels
- Swim trunks
- Toiletries (all medications and any medical needs must be checked in with the coach)
- AU Recreation Center Waiver form (attached)

Additional suggestions:

- Fan (there will be no air conditioning)
- Pillows and pillow cases
- Extra blankets
- Extra clothing
- Board, card, video games
- Snacks
- Alarm, electronic chargers

Please contact Coach Gerhardt @ 716-392-6575 with any questions or concerns.

GO LEX!