



The Program

EOU's coaching staff is committed to creating the best high school, full contact, team camp available. We are motivated to serve the coaches and players with a safe, flexible and fun camp to kick-off the 2022 season.

- Four days of practice at your discretion, in July, probably two to three weeks before you open camp.
- Full contact team camp that addresses individual, group, and team development.
- Flexible daily schedule to fit the custom needs of each coach and program.
- Includes 7-on-7 tournament and Big Man Camp
- Competitively matched competition.
- Final Mountie Bowl scrimmage on the turf in Community Stadium.

11-Man Team Camp General Information

Date: Mon – Thurs, July 18 – July 21, 2022
Registration: Mon, July 18, 2022 12:00-2:00 p.m.
Location: Quinn Coliseum & Stadium
Eligibility: Open to anyone entering grades 9-12 in the fall of 2022

CAMP COST:

Day Camper (includes brunch and dinner)...**\$170.00**

Overnight (Dorm Room).....**\$225.00**

* Continental breakfast and all you can eat brunch and dinner.

OVERNIGHT CAMPERS: Please bring sleeping bags or bedding, pillow, towels, toiletries, swim trunks, personal clothes, workout gear and a fan. (Laundry facilities not available in dorms)

SUPERVISION: Camp Counselors will provide supervision in dorms. High School Coaches are responsible for team supervision as well.

ALL CAMPERS: Bring all football equipment: helmet, shoes, pads, mouthpiece, etc.

MEALS: All continental breakfast in the locker room. Day campers receive brunch and dinner. Overnight campers will receive all meals. Breakfast from 6:30 – 8:30, brunch from 11:30-1:30, and dinner from 4:30 – 6:30.

CAMPSTORE: A Camp Store with souvenirs, snacks and soft/sport drinks will be open daily. Pizza will be available and must be ordered through the Camp Store. (Bring some change)

TRAINING ROOM: Certified Trainers and EOU student trainers will be employed by the camp and available. Please supply your own tape/training supplies.

VIDEO: We have towers and a lift available for video. Please bring your own equipment.

CHECK OUT: After Thursday **Continental breakfast**, clean dorm rooms and pack before final day scrimmages. If you wish to leave early just communicate with Coach Camp.

COACHES NOTE: Please finalize your deposits ASAP to reserve your position at Camp.

Camper Name _____	School _____	Football Position _____
Height _____	Weight _____	Age _____
Address _____	T-Shirt Size _____	Parent(s) Name _____
Parent(s) Work Phone _____	City _____	State _____
Medical Insurance Provider _____	Emergency Contact _____	Zip _____
Overnight Dorm Camper (\$225) _____	Policy Number _____	Home Phone _____
Day Camper (\$170) _____	Group Number _____	

Return To: Mountaineer Football Camp, Eastern Oregon University – One University Boulevard, La Grande, OR 97850

I hereby register the player listed above for the Eastern Oregon University Football Camp and authorize the staff to direct him/her in participation of camp activities. This player has no medical or emotional problems, which may affect him/her to safely participate in your program. Camp staff is authorized to attend to any health problem or injury the player may incur while attending camp. I understand this player may incur injuries while attending camp. Neither the player nor I will hold the Mountaineer Football Camp liable for any injuries or an expense relating to injuries incurred while the player is at camp.

Date _____ Signature of Guardian _____

(Please copy for more students/athletes if needed)