

A Typical Camp Day Includes:

- Stations
- Drill work
- Games/Contests

Stations Include:

- Position Work
- Catching Mechanics
- Proper Tackling Form
- Footwork
- Proper Lifting techniques/Weightroom

DAILY CAMP SCHEDULE:

8:00-8:15 Preview/Review
8:15-8:45 Warm-Up/Stretch
8:45-8:50 Water Break
8:50- 9:10 Catching Drills
9:10-9:35 Individual Position Work
9:35-10:00 Tackling Drills
10:00-10:30 Break/Weightroom
10:30-11:00 Offensive Position Work
11:00-11:05 Water Break
11:05-11:30 Defensive Position Work
11:40-12:40 LUNCH
12:50-2:15 Games/ 7v7
2:15-2:30 Review/Dismissal

This is a highly instructional camp designed to teach fundamentals and technique while building confidence.



Camp Director: John Mohring

- 10+ years football camp experience
- 10+ years coaching experience
- BVHS Head Football Coach
- Former Bishop Verot player (2002)
- D1 All American Football Player @ Georgia Southern
- College football coach (4 yrs.) 2013-17
- Staff includes BVHS Players and Coaches
- Coach Mohring played in NFL, CFL, and AFL (2007-2013)

FOR MORE INFORMATION

Contact Head Coach

John Mohring:

john.mohring@bvhs.org

**JOHN MOHRING
ALL-AMERICAN
FOOTBALL CAMP
2021**

VEROT

Site: Bishop Verot

**High School Football
Field**

Dates:

Ages 6-14:

Session 1: July 5th – 9th

Session 2: July 12th -16th

Cost: \$200.00 -

Registration

BVHS Summer Football Camp Application

Please return this Camp Application with Camp Fee (*) (check made out) to:

John Mohring Football Camp

BISHOP VEROT HIGH SCHOOL

5598 Sunrise Drive, Fort Myers, FL 33919

(*) Fee: \$200 per person (individual) - \$150 per person (multiple siblings)
[All registration fees are non-refundable once camp begins]

***** Walk up or day of registration cost is \$200*****

Circle camp attending:	Session 1 (July 5th -9th)	Session 2 (July 12th-16th)
	8:00 – 2:30pm	8:00 -2:30pm

NAME _____ SCHOOL _____ GRADE (FALL 2021) _____

ADDRESS (WITH ZIP) _____

AGE: _____ E-MAIL ADDRESS: _____

T-SHIRT SIZE (circle one) note: shirts run small: YS/ YM/ YL/ YXL/ AS/ AM/ AL/ AXL/ AXXL

MEDICAL CONDITIONS: _____

Emergency Contact Name/Relationship/Phone #'s (please list more than one): _____

PARENTAL PERMISSION WAIVER:

I hereby authorize the agents of the BVHS Football Camp to act in my behalf using their best judgment in any emergency, including medical emergency. I hereby waive and release the camp, its employees, directors, sponsors, suppliers, and facilities from any and all liability for illness and injury incurred while attending camp. I know of no mental or physical problems that might adversely affect my child's ability to participate in this camp. I have read the BVHS Football Camp brochure and agree to its terms and conditions.

PARENT/GUARDIAN PRINT: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

Cash _____ Check # _____ TOTAL AMOUNT _____

Interested in learning more about Bishop Verot Catholic High School?

PLEASE SEND ME INFORMATION ABOUT:

___ ADMISSIONS ___ CAMPUS TOURS/VISITS ___ TUITION/FINANCIAL AID

CAMP OBJECTIVES:

The BVHS Football Camp is geared to improve each camper's overall football skills. Additionally, to teach all the fundamentals of position play on offense & defense; with emphasis on the proper catching, tackling, and weightlifting form.

CAMP FACILITIES:

Football camp will be conducted on the Bishop Verot Football fields. Additional grass practice fields will be used as necessary.

CAMP PARTICIPANT

ESSENTIALS:

T-shirt, shorts, socks, cleats, sunscreen, LUNCH & drinks.

FOOTBALL CAMP STAFF:

The camp consists of BVHS football staff, with the assistance of current and former players.

