

Bentworth Football Camp 2009

Bentworth HS Stadium

Monday August 17-Friday August 28

1. Bring your equipment bag with your helmets, shoulder pads, girdle pads, thigh pads, knee pads, practice pants, belt, practice shirt, mouthpiece and shoes.
2. Bring extra t-shirts, underwear, socks so you can have dry stuff for each practice (a must in order to keep away infections).
3. Bring a couple of towels so you will have a dry towel after showering: All players are required to shower after each practice for cleanliness and to prevent infection.
4. Bring soap and shampoo for showering and any other toiletries such as deodorant, toothbrush, toothpaste etc. that you think you might need.
5. Bring baby powder or Gold Bond powder to help with chafing.
6. Bring a pillow or camp chair if you wish to relax with in between practices. The visitor's locker room will be opened to provide a place for players to rest in-between practices.
7. Bring I-pods, MP3 players etc. to listen to between practices.
8. Food will be provided by the boosters, lunch and dinner the first week during 3 a days and dinner the second week during 2 a days. If you want to bring some healthy snacks or drinks such as Gatorade or Power Ade you can.
9. Any prescribed medications that you are taking should be brought and left with the Trainer so she can monitor them (including inhalers for those with asthma).
10. Once you arrive at the stadium you will not be permitted to leave until the end of practices for that day. See Coach Rood if you have a question on this policy.
11. Practice times the first week will be as follows:
 - a. Monday-Thursday: 7:30-10:15 AM, 1:00-3:00 PM, 5:30-8:15 PM
 - b. Friday: 7:30-10:15 AM, Pictures 12:00 PM, 1:00-3:00 PM
 - c. Saturday: Scrimmage at Jefferson-Morgan 10:00 AM
12. Practice times for the second week will be as follows:
 - a. Monday-Wednesday: 2:45-5:15 PM, 7:30-10:00 PM
 - b. Thursday: 2:45-5:30
 - c. Friday: Scrimmage at Home vs. West Greene 7:00 PM
13. Contact Coach Rood at 724-493-2582 or coachrood@bentworthfootball.com if you have any questions.