



# One Day Camp

**Thursday, July 18, 2019**

**2:00pm-4:30pm**

**All High School Players  
(9<sup>th</sup>-12<sup>th</sup> Grade in Fall of 2019)**

**\$45 Pre-Registration Fee  
(\$55 Walk-Up)**

**QU Football Stadium  
Quincy, Illinois 62301**

**What to bring? (Non-Padded Camp)**

**Football Cleats  
Tennis Shoes  
Workout Gear (t-shirt, shorts, sweatshirt, etc.)  
Water Bottle  
Health Form / Proof of Insurance  
Winning Attitude!**

**To register:**

**<http://www.quincyfootballcamps.com>**

