

## Team Camp

For 2023, We will work together to provide the Best Team Camp Experience.

## Registration

To register, email Michael Matta [mmatta@dasd.org](mailto:mmatta@dasd.org) by June 14<sup>th</sup>.

All Payments payable to DEFA.

Mr. Michael Matta  
Downingtown East High School  
50 Devon rive  
Exton PA 19341

Head Football Coach  
High School  
Street Address  
City, PA Zip Code

## Downingtown Football Team Camp



**When:** Tuesday July 18<sup>th</sup>; Wednesday July 19<sup>th</sup>; & Thursday July 20<sup>th</sup>

**Location:**  
Downingtown East High School. 50 Devon Dr,  
Exton, PA 19341

## CAMP OVERVIEW

- The Downingtown Team Camp is offered for a one, two, or three-day camp experience.

## GENERAL INFORMATION

- Specifically designed as a non-contact camp for the entire high school football team and coaching staff.
- This camp offers complete flexibility and allows coaching staffs a unique opportunity to install their offense and defense.
- Choose to work against other teams during 11-on-11 run sessions and 7-on-7 pass sessions or to work on position skills and fundamentals.
- We have two turf fields and three grass fields. We also have sleds and chutes.

## Jed King Octorara High School

“The Downingtown East football camp is the best scheduled day camp for the best price. Your team will get all the work of an overnight camp in a shorter amount of time for less than a fraction of the cost. East is also a great host providing you with an awesome lunch and allowing you to use their facilities during breaks (classrooms, weight room) to make the most of everyday. It's a great option and will effectively prepare your team for the season. Also, there are lots of JV opportunities and they will work with smaller schools to make sure you get the most out of the camp”.

## Scott Stephens WC East High School

“2021 was our first year attending. You cannot beat the price and what is offered through this experience. Everything start to finish is top notch. From the Booster Clubs work with breakfast and lunch, to the practice and school facilities, to the execution of the practice sessions and periods. It is extremely organized, flexible, structured and accommodating. We got a lot of great work and our program is excited to return in 2023”.

## Camp Pricing

- \$400 a day
- \$1000 for all three days.
- We will provide trainers, breakfast, lunch, film, access to meeting room & water.

## Daily Camp Schedule

- 7:30-8:30:** Arrival Breakfast (Provided)
- 9:00:** Coaches Meeting
- 9:30-12:00:** A.M. Practice (JV included)
- 9:30-9:40:** Team Stretch/Warmup
- 9:40-10:00:** Team Practice
- 10:00-10:30:** Inside / 1 on 1 WR/DB's
- 10:35-11:05:** Skeleton/ 1 on 1 DL/OL
- 11:35- 12:00:** 11 vs 11
- 12:00-2:00:** Lunch (Provided)

## **Wt. Room available Meeting Room Available**

- 2:30-6:00:** P.M. Practice (JV included)
- 2:30-2:50** Team Stretch
- 2:40-3:00** Team Period
- 3:00-3:30:** Inside / 1 on 1's WR/DB's
- 3:35-4:05:** Skeleton /1 on 1's OL/DL
- 4:35-5:05:** 11 on 11
- 5:05-6:00:** Team Competition