

# Seven Rule, Inc and the City of Dover Parks & Recreation present Summer Football Camps

Online Registration Recommended: <https://cityofdover.recdesk.com/Community/Member/Login>

## Seven Rule Youth Football Camp

Youth 7 – 14 Years

Come learn the fundamentals of the game of football while having fun competing in the drills, relays, 7 on 7 games and much, much more!

**Activity Fee:** \$60

**Days:** Tuesday – Thursday

**Dates:** June 27 – June 29

**Time:** 9 am – 12 Noon (Check in 8:45 am)

**Location:** Schutte Park\* \*subject for change



## Seven Rule Quarterback School

Youth 8 – 18 Years

This camp does an in-depth dive into all the aspects of quarterback play from the fundamentals of taking a snap, to throwing mechanics, to processing information. We help QB's refine and strengthen their physical, mental and emotional skills to reach their greatest potential!

**Activity Fee:** \$150 for quarterbacks\*  
\$100 for WR/RB/TE

**Days:** Tuesday – Thursday

**Dates:** July 26 – July 28

**Time:** 9 am – 12 Noon (Check in 8:45 am)

**Location:** Schutte Park\* \*subject for change



## Seven Rule Big Man School

Youth 9 – 18 Years

This camp will be a deep drive into the basic fundamentals of techniques, physical and mental aspects of playing both offensive and defensive line.

**Activity Fee:** \$150 for ages 13 – 18 Years  
\$100 for ages 9 – 12 Years

**Days:** Friday - Sunday

**Dates:** July 28 – July 30 **Time:** 9 am – 12 Noon (Check in 8:45 am)

**Location:** Schutte Park\* \*subject for change



## Let's get your registration started!!

### ONLINE REGISTRATION

To get your online account started, visit: <https://cityofdover.recdesk.com/Community/Member/Login>

OVER THE PHONE: (302) 674-7541 w/credit card payment



**Registration Opens: Saturday, May 31 at 8 am**



