

# MT41 CAMPS – PARENT INFORMATION SHEET

Welcome to **MT41 Camps**! Our mission is to build **strong minds and strong players** by combining football skill development with mental toughness training. This sheet provides details to help your athlete have the best camp experience possible.

## What to Bring:

Cleats, Water bottle (refill stations available), Athletic shorts, T-shirt, Sunscreen and Hat. A great attitude and willingness to learn and work hard.

## Sample 3-Hour Camp Schedule:

0:00–0:15 – Warm-Up & Dynamic Stretch 0:15–0:35 – Fundamentals Block  
0:35–0:55 – Competitions & Mental Session 0:55–1:20 – Offensive Skills  
1:20–1:40 – Competitions & Mental Session 1:40–2:00 – Defensive Skills  
2:00–2:20 – Competitions & Mental Session 2:20–2:50 – Competitive Drills & Games  
2:50–3:00 – Leadership Session & Wrap-Up

## MT41 Camp Core Values:

**Mental Toughness** – Learning to push through challenges. **Discipline** – Doing the little things right, every time. **Resilience** – Bouncing back from mistakes and setbacks. **Teamwork** – Moving from individual growth to team impact. **Pride** – Representing Montana and yourself with integrity.

## Contact Information:

For questions, please contact:

### MT41 Camps

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