



## VALLEY CITY STATE TEAM CAMP

### Registration Form

\*Registration can be done online at:  
[www.vcsufootballcamps.com](http://www.vcsufootballcamps.com)

Please Print:

Name:

Address:

City:

State:  Zip:

Telephone No:

Parent/Guardian:

Your next grade in high school: ☐ 9 ☐ 10 ☐ 11 ☐ 12

High School:

Head Coach:

☐ Day Camper ☐ Overnight Camper

Roommate Preference:

Position: Offense

Defense

☐ 9-Man Session ☐ 11-Man Session

T-Shirt Size: ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL

☐ I hereby acknowledge the health of my son to be ready for vigorous activity at the Team Camp and authorize the directors to secure any emergency treatment deemed necessary and that I hereby, release camp directors, coaches, VCSU and all employees from all such claims on account of any injuries which may be sustained by my son while attending camp.

Parent/Guardian:

Insurance Company:

Policy Number:

Date:

\*MUST BE  
COMPLETED  
or your student will  
not participate ▼

## VALLEY CITY STATE UNIVERSITY

29 Conference Championships

# FULL CONTACT



# 2025

# TEAM CAMP

**9-MAN SESSION**  
**JUNE 6-8**

**11-MAN SESSION**  
**June 10-12**

# VALLEY CITY STATE UNIVERSITY

## TEAM FOOTBALL CAMP

### TEAM CAMP MISSION

The Valley City State University football staff is pleased to offer its annual full-contact team camp. The benefits include:

- Individual instruction from college coaches.
- Opportunity to work on your own offensive and defensive schemes with your coaches.
- Compete against schools from North Dakota, Minnesota, and South Dakota.
- Full contact scrimmages.
- Athletic trainers available before, during, and after practices.
- Great opportunity to build team unity.
- Film of Scrimmages shared with your team.

### CAMP REGISTRATION

Overnight Campers pay \$190.00. This covers instruction, room and board, and t-shirt. Day campers pay \$140.00. This covers instruction, lunch, supper, and t-shirt.

### No Refunds after May 10

- ♦ Online Registration at [www.vcsufootballcamps.com](http://www.vcsufootballcamps.com)
- ♦ Make checks payable to: VCSU
- ♦ Give to your coach or mail check and registration form to: **(\$30 Deposit is due by May 10)**

Dustin Yorek  
VCSU Team Camp  
101 College Street SW  
Valley City, ND 58072

### WHERE IS THE CAMP LOCATED?

VCSU is located 45 minutes west of Fargo on Interstate 94. The Osmon Fieldhouse is located 2 blocks north of Exit 292.

### WHAT SHOULD I BRING TO CAMP?

Helmet, shoulder pads, jersey, mouthguard, football pants with pads, workout clothes, tennis shoes and grass football shoes. Overnight campers should also bring swimming trunks, towel, pillow, blanket, bedding, fan, and toiletries.

### WHEN SHOULD I REPORT TO CAMP?

#### 9-Man Session

Check-in: Friday, June 6, 11 AM–1 PM  
at VCSU Student Center

Departure Time: Sunday, June 8, 1 PM

#### 11-Man Session

Check-in: Tuesday, June 10, 11 AM–1 PM  
at VCSU Student Center

Departure Time: Thursday, June 12, 1 PM

### WILL I NEED A PHYSICAL? INSURANCE?

Your current high school activity physical is acceptable or a physical that you have received in the last two years. Bring a copy of your physical with you to camp. All camp participants must have a current insurance policy or you will not be able to participate.

### WHERE WILL I STAY?

Overnight campers will stay in the residential halls on the campus of VCSU. They will be supervised by coaches who will be staying with them.

### HOTEL OPTIONS

Coaches, if your team would prefer to be day campers and stay in a hotel, Valley City has several options:

Econolodge: 701-845-5333

GrandStay: 701-490-3500

AmericInn: 701-845-5551

**FOR MORE INFORMATION CONTACT:** Dustin Yorek at 320.630.3917 ♦ Email: [dustin.yorek@vcsu.edu](mailto:dustin.yorek@vcsu.edu)  
Gregg Horner at 701.845.7423 ♦ Email: [gregg.horner@vcsu.edu](mailto:gregg.horner@vcsu.edu)

