

# PLANT FOOTBALL

## FOOTBALL CAMP GUIDANCE – SUMMER 2026 How to Prepare, Compete, and Get the Most Out of Camp Season

Panther Family,

As summer prospect camps grow near, understand that football camps are more than just workouts—they're opportunities to be evaluated, developed, and to separate yourself. If you're serious about playing at the next level, you need to approach camp season with a plan, purpose, and edge.

### Why Attend Football Camps?

1. Evaluation – College coaches want to see how you move, compete, and respond to coaching.
2. Exposure – Compete in front of schools that match your goals.
3. Development – Technique, IQ, and confidence grow from competing against elite talent.
4. Verification – Verified measurables matter in the recruiting process.

### Which Camps Should You Attend?

- School-Specific Camps – Focus on schools that are recruiting you or align with your goals.
- Position Camps – Sharpen technique, get more reps, and build skill.
- Mega Camps – Great for broad exposure to multiple college staffs in one setting.

**Be strategic – Choose camps that fit your skill set, size, position, academic profile, and target level of play (D1, FCS, D2, etc.). Don't chase logos. Chase opportunity and fit.**

### How to Prepare to Excel

1. Train for Testing – 40-yard dash, shuttle, L-drill, vertical. Practice starts, form, and finish.
2. Sharpen Your Craft – Position-specific work: footwork, hands, leverage, pad level, routes, etc.
3. Be in Shape – Fatigue exposes preparation. Show up ready to compete.
4. Pack Smart – Cleats, compression gear, water, snacks, towel, extra shirt/socks.
5. Wear Your Plant Gear – Represent our program with pride. Let coaches know you come from a program built on discipline, toughness, and development.
6. Do Your Homework – Know which schools and coaches are attending. If you're interested, reach out in advance.

### 1-on-1 Coach Contacts

At certain camps, if we see coaches from schools that match your ability and goals, we will help initiate direct contact so you can speak 1-on-1. These are great chances to introduce yourself, shake hands, and leave a lasting impression. Be respectful, prepared, and confident in those moments.

### How to Stand Out at Camp

- Be Coachable – Listen, apply feedback, and respond with “yes sir” and focus.
- Compete Every Rep – Don't coast. Coaches watch body language and effort.
- Be a Pro – Be sharp, respectful, and locked in.
- Follow Up – After camp, message the coaches to thank them and stay on their radar.

This is your time. Make it count. Prepare the right way. Show up with purpose. Represent Plant Football with pride.

Coach Brown