

## Team Camp

For 2025, 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 13th

All Payments payable to DEFA.

Mr. Michael Matta  
Downingtown East High School  
50 Devon rive

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

## Downingtown Football Team Camp



**When:** Tuesday July 15th;  
Wednesday July 16th &  
Thursday July 17th

**Location:** KOTTMEYER  
STADIUM (West Campus)  
on Campbell Dr,  
Downingtown, PA 19335.

## **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 staff 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.

### **Robert Rowan HFC CB West HS**

“For any team looking to get high quality work against high quality opponents in the summer months, Coach Matta and Coach Breisblatt offer a first-class experience at a very affordable price. From the moment we got on campus, we knew immediately it was going to be a worthwhile experience as the camp was run efficiently and effectively from start to finish. I recommend the experience to any program looking to get their teams prepared for August Camp.”

### **Michael Means HFC Oxford HS**

“Coach Matta and his staff at Downingtown East do a phenomenal job of creating a team camp environment that provides everything you need for your team to improve and get better at a fraction of the cost of other camps. There is always great competition there and teams have the freedom within their individual sessions and their competition sessions to use the time in a way that best suits their needs. As long as they keep running the camp, we will keep coming.”

### **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:** 7 on 7 / 1 on 1 DL/OL
- 11:10- 11:30:** Team Practice
- 11:35- 12:00:** 11 vs 11
- 12:00-1:00:** Lunch (**Provided**)
- 1:00-2:15:** Team Meetings
- 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:** 7 on 7 / 1 on 1's OL/DL
- 4:05-4:30:** Team Period
- 4:35-5:05:** 11 on 11
- 5:15-5:45:** Team Competition