



“RISING ROYALS”

Freshman Fundamentals Camp

- WHO:** ALL incoming Freshman (c/o 2026) student-athletes
WHAT: A sports camp run by our current HS coaches and players to get athletes ready for academic and athletic success at the HS level
WHEN: June 21-23 (8am-2pm)
WHERE: Upper Darby High School
COST: \$10 (due the first day of camp; includes camp shirt)

Daily Itinerary	Sports Offered
8:00-8:30 ~ Check-in/ Free Play	<i>Football, Soccer, Field Hockey, Volleyball,, Tennis, Wrestling Swimming/Diving, Basketball, Track & Field, Baseball, Softball, Lacrosse</i>
8:30-9:15 ~ Training/Speed/Agility	
9:15-10:45 ~ Sport Session #1 (Fall)	
10:45-12:15 ~ Sport Session #2 (Winter)	
12:15-12:45 ~ LUNCH (provided)	
12:45- 2:00 ~ Sport Session #3 (Spring)	
2:00-2:05 ~ Dismiss/Take home Information	

!! Sign-Up Here: [Registration-FamilyID!!](https://www.familyid.com/upper-darby-high-school/2022-rising-royals-freshman-fundamentals-camp)

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Deadline is June 16th!!!

Any Questions - Contact the Athletic Office: rbenditt@upperdarbysd.org

or 610-622-7000, ext. 2428 (office)