



2025 FOOTBALL TEAM CAMP



JUNE 9 – 11

ABOUT THE CAMP

CHECK IN: MONDAY, JUNE 9, 1 PM

CHECK OUT: WEDNESDAY, JUNE 11, 3 PM

COST: \$215 PER PLAYER

The 2025 Randolph-Macon Football Team Camp offers high school programs the opportunity to:

- Implement Schemes
- Develop Fundamentals
- Build Team Chemistry
- Compete Against Other High School Programs (7-on-7 & OL/DL 1-on-1's)

All practices are run by the high school staffs. RMC's staff will be on site to provide logistical help.

HOUSING

- Players and coaches are housed in RMC dormitories (roommate pairings are left to the preference of the high school coach)

MEALS

- All meals (6 total) will be provided in Estes Dining Hall (Buffet-style, all you can eat)
- Pizza and Gatorade can be purchased each night (cash only)

FACILITIES

- Day Field (Turf)
- Lacrosse and Soccer Fields (Grass)
- College Classrooms (Film Capability)

RMC FOOTBALL

RECENT SUCCESS

- 48-5 Record since 2020
- 2016, 18, 20, 22, 23, 24 ODAC CHAMPIONS
- 2018 / 2022 / 2024 NCAA SWEET SIXTEEN
- 2023 NCAA FINAL FOUR



"THE GAME"

- VS. HAMPDEN-SYDNEY COLLEGE
- OLDEST SMALL COLLEGE RIVALRY IN THE SOUTH (1893)
- AVERAGE ATTENDANCE OF 12,000+
- 11-0 IN LAST 11 GAMES VS. HSC
- 13-1 IN LAST 14 GAMES VS. HSC

CAMP SCHEDULE

(TIMES MAY VARY FOR EACH TEAM)

MONDAY, JUNE 9

1:00 PM CHECK-IN
 1:00 – 2:30 PM MOVE IN
 3:00 – 5:00 PM PRACTICE 1
 5:30 PM DINNER
 7:00 – 9:00 PM PRACTICE 2 (7v7/1v1)
 10:30 PM LIGHTS OUT

TUESDAY, JUNE 10

7:00 AM BREAKFAST
 8:00 – 10:00 AM PRACTICE 3
 11:00 AM LUNCH
 2:00 – 4:00 PM PRACTICE 4
 5:00 PM DINNER
 7:00 – 9:00 PM PRACTICE 5 (7v7/1v1)
 10:30 PM LIGHTS OUT

WEDNESDAY, JUNE 11

7:00 AM BREAKFAST
 8:00 – 10:00 AM PRACTICE 6
 11:00 AM LUNCH
 1:00 – 3:00 PM PRACTICE 7
 3:00 – 4:00 PM MOVE OUT

WHAT TO BRING

- HELMET
- SHEETS/BLANKETS
- CLEATS
- PILLOWS
- SNEAKERS
- TOILETRIES
- FOOTBALLS
- TOWELS
- T-SHIRTS/SHORTS
- WATER/GATORADE

CONTACT: Coach Pedro Arruza
 (804) 677-7120 / parruza@rmc.edu

REGISTRATION

BRING THIS FORM WITH YOU TO CAMP
 CAMP IS \$215 PER PLAYER

****PLEASE WRITE 1 TOTAL CHECK PER TEAM****

CHECK PAYABLE TO:

****PEDRO ARRUZA FOOTBALL CAMPS****

NAME: _____

HIGH SCHOOL: _____

YEAR ('26-'29): FR SO JR SR

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____

HOME PHONE: _____

CELL PHONE: _____

E-MAIL: _____

T-SHIRT SIZE: M L XL XXL

***RMC FOOTBALL CAMP T-SHIRT PROVIDED**



MEDICAL RELEASE FORM

I certify that the named Camper is physically fit for playing football and other related activities and have my permission to participate in the camp program. In case of an emergency, I understand that every attempt will be made to contact me. If contact is unsuccessful, I authorize the Randolph-Macon College Football Medical Staff to perform immediate medical care, which includes but is not limited to the referral of other appropriate allied health care professionals, for any injury/illness that may occur while this individual is participating in camp activities. Any expense arising from injury is the responsibility of the person signing below.

I hereby authorize the staff of Randolph-Macon College to provide any care or medical treatment as deemed necessary to my minor son,

PRINT NAME: _____

I understand that the consent & authorization herein granted does not include major surgical procedures and is valid only during camp.

Please list below any medications currently being taken or any allergies and/or medical conditions that might restrict this individual from participating in any camp activities:

If the participant has a medical condition that could require medicine during participation, it is the responsibility of the participant to supply this medicine daily (i.e. Asthma Inhaler).

I, the undersigned parent/guardian, certify that I have ensured that the participant has engaged in a sound nutritional diet which includes both hydration and food consumption, both before and after camp participation.

DATE: _____ EMERG. PHONE: _____

SIGNED [PARENT/GUARDIAN]: _____
