

Camp Staff

The Knights Camp Staff consists of MHS coaches, current players and former MHS football players.

Our high school coaches and former players will be instructors while our current athletes will be camp counselors. Our instructors have over 80 combined years of coaching experience at the high school & college level.

Our goal is to help campers improve their skills as well as their self-esteem. Staff members portray a high level of enthusiasm while reinforcing the importance of strong fundamentals, hard work, goal setting skills & team chemistry.



Typical Day

7:30	Warm-up / Stretch
7:50	Coach's Announcement
7:55	Skills Stations
8:35	Offensive Instruction
9:30	Team Games
9:45	Defensive Instruction
10:40	Team Games
11:15	Individual Contests w/prizes Awards Assembly (Thursday)
11:25	Wrap Up

Knights Football Camp
200 Schoolhouse Drive
Middletown, MD 21769

Middletown KNIGHTS

FOOTBALL CAMP JULY 16 ~ 19

Monday ~ Thursday
For grades 2-9
Entering the 2018~19 school year



MIDDLETOWN KNIGHTS FOOTBALL 2A STATE CHAMPIONS 2011,2012,2013

2009~13 2A West Regional Champions
2010~13 Piedmont Conference Champions
21 MVAL League Championships
7 MD State Final Appearances

GO KNIGHTS!

SPONSORED BY MHS SPORTS BOOSTERS

