

HAMPDEN-SYDNEY COLLEGE

2022 TIGER TEAM CAMP

JULY 13-15 & JULY 20-22



“We started the Tiger Team Camp in 2011 as an alternative to the larger camps offered at the state schools in Virginia. Our campus and facilities along with our unique coach-friendly format have been a big hit over the past ten years.

To date, we’ve had over 30 high schools and well over 1000 student-athletes attend our summer camp sessions here at Hampden-Sydney.

Due to popular demand, we’ve now expanded to 2 weeks and we expect the 2022 Tiger Team Camp to be our best ever.”

**- Marty Favret
Hampden-Sydney Head Coach**



WHY HAMPDEN-SYDNEY?

- Our entire 1,200 acre campus is essentially at your disposal.
- You have your own practice field (lined with high school hash marks) as well as a locker room and team meeting room.
- We offer 7 on 7 sessions with other schools at night that we can film for you.
- Each high school will have multiple time slots in our weight room.
- Each high school coach can design their own schedule (around meal times provided by the College).
- We provide an array of non-football/team building opportunities such as the use of the pool, nature trails, fishing spots, location for movies, ropes' course, etc.
- 2 certified H-SC trainers and members of our football staff and team are on hand at all times.
- A snack bar at night for your student-athletes.



LODGING

Each team will be housed in air conditioned dormitories separated by team. Dorms are centrally located. They are close in proximity to both the practice fields and the dining hall.

DINING

We have terrific dining facilities with various options giving your athletes the right nutrition during camp.

Additional Opportunities

Hampden-Sydney has over 1,200 acres of land including nature trails for runs/walks, fishing spots, and historical significance as the 10th oldest college in the United States.

PRACTICE FACILITIES



-Your choice of any one of six bermuda practice fields (each lined with high school hash marks).

-Practice schedule at Coach's discretion.

-Each field less than a five minute walk from dorm.

ATHLETIC WEIGHT ROOM



**EACH TEAM WILL HAVE A SCHEDULED TIME TO USE
OUR WEIGHT ROOM SPECIFICALLY DESIGNED FOR
FOOTBALL PLAYERS PERFORMING POWER LIFTS.
WEIGHT ROOM DEMONSTRATIONS ARE AVAILABLE
UPON REQUEST**

OLYMPIC SIZE POOL



**EVERY TEAM WILL HAVE ACCESS TO OUR POOL. IT IS
A GREAT PLACE TO UTILIZE AFTER PRACTICE IN
ORDER TO LOWER BODY TEMPERATURE AND RELAX
SORE MUSCLES**

HIGH SCHOOL HEAD COACHES WHO HAVE ATTENDED THE TIGER CAMP

“We’ve had the opportunity to go to many colleges for summer camp over the years. In my mind, Hampden-Sydney has fulfilled all of our needs for Team Camp the past six years. Great facilities and an accommodating coaching staff.”

**- Derek Stoudt
Former Head Football Coach
Hanover High School**

“We were looking for a college that was fairly close but offered our players a remote setting where we could work hard and come together as a team. Hampden-Sydney was perfect.”

**- Jon Meeks
Head Football Coach
Brookville High School**

“Hampden-Sydney’s Team Camp is a critical component to our pre-season preparation. Our staff and players benefit tremendously from the tireless efforts to tailor this camp to our exact needs.”

**- Logan McPherson
Former Head Football Coach
Mills Godwin High School**

