

Wellington C Mepham High School
Football (M)

Mepham Football Summer Strength and Skills Program

Our summer program will be 3 days a week starting on Monday July 6th and ending on Tuesday August 11th . It will be on Monday, Tuesday, and Thursday from 4:45pm to 7:15pm. Players will need cleats and sneakers as we will be in the weightroom and also on the turf field.

Camp Start Date:

July 6, 2026

Start Time:

4:45 PM

Camp End Date:

August 11, 2026

End Time:

7:15 PM

Venue Name:

Mepham High School

Venue Address:

2401 Camp Avenue, Bellmore, NY 11710

Camp Cost:

\$150.00

Questions: