



# YOUTH FOOTBALL PAD CAMP

## BUILDING CHAMPIONS

# FOOTBALL



## CAMP 2010

### GENERAL INFORMATION

**DATE:** July 12<sup>th</sup> – 14<sup>th</sup>

**COST:** \$45 per player, t-shirt included in cost

**TIME:** 5:30 pm – 7:30 pm “4<sup>th</sup> - 5<sup>th</sup> Grade Session”  
7:30 pm – 9:30 pm “6<sup>th</sup> - 7<sup>th</sup> Grade Session”

**LOCATION:** Central Park - Union

**EQUIPMENT:** Helmet, mouth piece, shoulder pads, jersey, shorts and cleats

**CAMP DESCRIPTION:** The 2010 Building Champions Pad Camp is a limited contact padded (Helmet, mouth piece, shoulder pads, jersey, shorts and cleats) camp. The goal of the camp is to improve individual position skills while developing unity in a team environment. This camp is intended for Youth teams and their coaches (no individual registration). There will be no contact below the waist and no “To the ground” tackling during the camp. The safety of the athlete will be the number one priority.

**Sign Up on Back and give to your Youth Coach for registration.**

### Tentative camp schedule

(Day 1-3 will have varying install priorities by team)

#### 4<sup>th</sup> / 5<sup>th</sup> Session

5:00 pm	Check-in and Coaches Meeting
5:30 pm	Stretch and Agility
5:40 pm	Group work by positions
5:55 pm	Team install period
6:10 pm	Inside Drill & WR/DB (1on1)
6:25 pm	flip off. / def. sides and repeat
6:35 pm	Group work by positions
6:50 pm	Team Run install period
7:05 pm	Break
7:10 pm	Team Run
7:20 pm	Flip and team run
7:30 pm	Camp day ends

#### 6<sup>th</sup> / 7<sup>th</sup> Session

7:00 pm	Check-in and Coaches Meeting
7:30 pm	Stretch and Agility
7:40 pm	Group work by positions
7:55 pm	Team install period
8:10 pm	Inside Drill & WR/DB (1on1)
8:25 pm	flip off. / def. sides and repeat
8:35 pm	Group work by positions
8:50 pm	Team Run install period
9:05 pm	Break
9:10 pm	Team Run
9:20 pm	Flip and team run
9:30 pm	Camp day ends



BUILDING CHAMPIONS  
**FOOTBALL**  
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**PLAYER  
 RELEASE  
 FORM**

Athlete's Name \_\_\_\_\_ Phone # \_\_\_\_\_

Grade Entering ('10-'11) \_\_\_\_\_ School \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Emergency # \_\_\_\_\_

T-Shirt Size (please circle one) Youth: YS YM YL Adult: S M L XL XXL

(Please  select one)

4<sup>TH</sup> – 5<sup>TH</sup> GRADE SESSION: 5:30 PM - 7:30 PM

6<sup>TH</sup> – 7<sup>TH</sup> GRADE SESSION: 7:30 PM - 9:30 PM

**PARENTAL CONSENT**

I certify that my child has been examined by a physician and has been found to be in good health and able to compete in all camp activities without restriction. In addition, I acknowledge that I have medical insurance to cover the cost of any injury or illness that may occur during my child's participation in this camp. Furthermore, I authorize the staff of the 2010 Building Champions Pad Camp to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the 2010 Building Champions Pad Camp and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

\_\_\_\_\_  
 Parent/Guardian (PRINT) Date

\_\_\_\_\_  
 Parent or Guardian's Signature

**Make all checks payable to: Union Public Schools**

**All paper work and check made out for \$45 to the Union Public Schools will be collected by your youth team coach.**

Questions?  
 Contact:  
 Kirk Fridrich  
 Head Varsity Coach  
 (357-7408)