

Cost of the CGHS Summer Football Camp is \$55.00
On or after April 4th the cost is \$65.00

Name: _____ Amount Enclosed: _____
T-Shirt Size (*adult*): _____ Offensive Position _____ Height: _____ Weight: _____
Level playing in Fall of 2011 (circle one): Heavyweight Lightweight Middleweight
Home Phone: _____ Emergency Phone: _____
Email Address: _____

Parents signature of permission for participation in the Cary-Grove HS Summer Football Camp

SUMMER CAMP PHILOSOPHY

Our summer camp is designed to provide an opportunity for the players to develop in the following areas:

- Teamwork
- Individual Skills
- Team Concepts

WHO CAN PARTICIPATE

This camp is open to all students who are 99 pounds and over. **You cannot be entering high school.** You must have the proper equipment.

Cary-Grove High School



YOUTH CAMP

HEAVYWEIGHT
LIGHTWEIGHT
MIDDLEWEIGHT

Summer Football
Information

June 20 – June 23
2011

10:30 AM – 12:30 PM



DAILY ACTIVITIES

All participants will start on the practice field that is located next to the Tennis Courts. On the practice field, the coaching staff will conduct a variety of football drills. **Approximately 2/3 of the drills will be offensive-based with 1/3 being defensive.** Proper blocking and tackling skills will be taught, but we do not tackle players to the ground. Players will also learn how to run and catch a football. The activities on the field will help develop the participant's football skills. The players will learn some basic plays so on the last day they will play a football game (in flippers) against each other. Teams will be made up of players at the same weight level.

IN CASE OF LIGHTNING

We will still have camp. Campers will meet or go to the lower gym lobby (located off of rear parking lot). From there we will have various drills for them to do inside.

EQUIPMENT NEEDED

The following are needed for camp:

- Helmet - ***NOCSAE approved**
- Shoulder Pads - ***NOCSAE approved**
- Mouth Guard
- Jersey
- Football Shoes
- Gym Shoes (in case of rain)

CAMP ATTIRE

Each participant should wear athletic clothing and gym shoes.

Football shoes or a non-metal type of cleated shoe is recommended for the activities on the practice field.

COACHES

Brad Seaburg, John Bryan,
Mike Walston, Matt Furlong,
Phil Raffaelli and
Cary-Grove Varsity Football Players

COST OF CAMP

\$55 on or before April 4th.

\$65 after April 5th

\$75 for sign ups
on the 1st day of camp.

T-Shirts will be given at the end of camp.

Camp payment must be received BEFORE May 23rd in order to receive a T-shirt. Payments received after May 24th will NOT receive a T-shirt.

REFUND POLICY

Refund prior to June 20th:
Less \$25 of amount received.

Refund on or after June 20th:
NO REFUND

CHECKS

Please make checks payable to:
Cary-Grove High School

Mail Checks to:

Cary-Grove High School
C/O Brad Seaburg
2208 Three Oaks Road
Cary, IL 60013