

Central Kitsap High School Cougars

present:

Summer Football Camp 2010

- A Skill/Technique Camp for students entering grades 2nd through 9th -

Session Dates: July 26-28, Monday - Wednesday

Time: 4:00 pm - 7:00 pm

Location: Central Kitsap High School practice field

Fee: \$50.00 (first camper) \$40.00 (second camper in family) includes camp T-shirt

Camp Philosophy: To provide instruction in a safe environment while stressing the proper fundamentals needed to play the game of football. Participants will experience teamwork, cooperation, self-discipline and hard work in a team setting. The focus of the camp will be on quality repetitions with positive feedback while having fun.

Program Structure:

OFFENSE:

Quarterbacks: Stance, ball handling, hand-offs, passing mechanics

Running-Backs: Stance, ball handling, footwork, cuts, blocking, receiving

Lineman: Stance, footwork, run and pass blocking techniques

Receivers: Stance, ball handling, footwork, routes

DEFENSE:

Secondary: Stance, alignment, pass coverage, demonstrate proper tackling techniques

Lineman: Stance, alignment, demonstrate proper tackling techniques, pass rush

Linebackers: Stance, alignment, demonstrate proper tackling techniques, reads/keys

7 on 7 PASSING COMPETITION: Campers will be divided into teams where they will play a rotation of 7 on 7 touch football games (provided we have enough players at each position).

FOR INQUIRIES CALL/E-MAIL:

Mark Keel, Head Football Coach & Camp Director / (360) 662-2546 / markk@cksd.wednet.edu

Jo Conner, CKHS ASB Secretary / (360) 662-2406 / joc@cksd.wednet.edu

Registration Form

Camper's Name _____ Birth Date _____ Age _____

Address _____ City _____ Zip _____

Phone _____ T-shirt size (circle one): Youth S M L Adult S M L XL Grade in Fall 2009 _____

Make checks payable to C.K. Football Camp and return with signed registration form by June 19th to the Central Kitsap High School main office or mail to: Mark Keel, Head Football Coach, P.O. Box 8, Silverdale, WA, 98383.

I am fully aware of the special dangers and risks inherent in this activity, including physical injury or other consequences that may arise or result from this activity. Being fully informed as to these risks and in consideration of the privilege of participating in this described activity, I hereby assume all risk injury or liability and waive any right of recovery from or to bring suit against the Central Kitsap School District, and any program volunteer involved in this activity. In the event my child is injured or becomes seriously ill, and I cannot be reached, I authorize the program director or any program personnel, to seek and authorize any and all hospitalization, medical, dental and /or surgical treatment, deemed advisable by the circumstances. I understand that all of the foregoing care will be at my expense. I acknowledge that I have read and do fully understand all of the above, granting full consent and authorization for the above named person(s) to participate in this activity.

Parent/Guardian: _____ Date: _____

Camper attire should include: T-Shirt, shorts or sweats, athletic shoes or football cleats if possible.