

RED RAIDER FOOTBALL CONDITIONING CAMP 2008



THE PURPOSE OF THE CAMP IS TO TEACH YOUNGSTERS THE FUNDAMENTALS AND TECHNIQUES IN THE GAME OF FOOTBALL. CONDITIONING IS VITAL BUT ONLY ONE COMPONENT OF THE CAMP. THE RED RAIDER STAFF WILL TEACH PRINCIPALS OF WINNING FOOTBALL. WE WELCOME ALL PLAYERS IN GRADES 7-12. WE WILL PROMPTLY START AT 6:00 PM AND FINISH AT 7:30 PM. PLAN ON A SOLID HOUR AND A HALF OF ACTIVITY BROKEN ONLY BY WATER BREAKS. IT WOULD BE A GOOD IDEA TO BRING YOUR OWN JUG OF ICE WATER, ALTHOUGH THERE WILL BE RUNNING WATER WITH MULTIPLE DRINKING STATIONS ON BOTH ENDS OF THE FIELD. TOWARD THE END OF EACH SESSION, GAME SITUATIONS WILL BE USED. SNEAKERS OR TURF SHOES WILL ONLY BE ALLOWED. NO JEWELRY. REGISTRATION WILL BEGIN AT 5:00 PM AT STRIDER FIELD. THE COST OF THE CAMP IS \$25.00 PER PERSON.

*ONLY TURF SHOES, RUNNING SHOES, OR TRACK SHOES CAN BE WORN ON STRIDER FIELD

*NO FOOD OR DRINKS OTHER THAN WATER WILL BE PERMITTED ON TRACK AND FIELD SURFACES

REGISTRATION FORM (PLEASE PRINT)

NAME _____ SCHOOL _____ ADDRESS _____
PHONE _____ CITY _____ STATE _____ ZIP _____ GRADE IN SEPT. 2008 _____

Waiver Release

Please enroll my child in the Red Raider Football Camp to be held at Strider Field from July 30th to August 3rd. It is understood that neither the Jamestown Public Schools, camp directors, nor anyone connected to the camp will assume any responsibilities for injuries, medical, dental, or any other expense incurred as a result of an accident or loss of personal property.

(Signature of Parent or Guardian)

Head Coach: Sam Restivo **Contact Info:** Phone: 716-499-8364 **email:** srestivo@jamestown.wnyric.org
Assistant Coaches: Ryan Calkins Richie Joly Dave Munella Tom Langworthy