

WOOD-RIDGE BLUE DEVILS FOOTBALL CAMP

FOOTBALL CAMP: The Wood-Ridge Junior Football Camp is designed for the athlete looking to prepare him/herself for the upcoming football season. The coaching staff, led by WRHS Head Football Coach – Chris Lange, will provide hands-on training in all aspects of the game; including individual, positional and team instruction. Our goal is to develop sound fundamentals, teach self-confidence, respect and success. This will provide each player with an opportunity to develop teamwork.

REGISTRATION: To enroll in camp, a complete registration form must be sent to Coach Lange. Walk-in registrations on the first day of the camp will be permitted. The Camp is **FREE** to All Wood-Ridge and Moonachie Athletes.

DATES & LOCATION: Monday July 26th – Friday July 30th WRHS Field – Locker Room Entrance

WHO CAN ATTEND: Student Athletes entering grades 3-8 in September 2010

WHAT TO BRING: T-Shirt, Gym Shorts, Grass Football Cleats and Sneakers.

MEDICAL INSURANCE: In the event of illness or injury requiring treatment, hospitalization or surgery, family medical insurance must be used. The recreation commission requires that participants be covered by some form of personal medical insurance. The High School Athletic Trainer will be available to assess any injury.

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| CAMP SCHEDULE: (typical day) | 5:45PM | Arrival |
| | 6:00PM 7:00PM | Practice (Instruction & Drills) |
| | 7:00PM 7:15PM | Water Break (mandatory) |
| | 7:15PM 8:00PM | Practice (Instruction & Drills) |
| | 8:15PM | Departure |

All Campers must report to the Sports Complex at 5:45PM daily and will be dismissed at 8:15PM

Detach Below Here and Return

Name: _____ Phone: _____
Address: _____ Grade: _____ (in Sept 2010)
City: _____ Zip: _____ Age: _____ Date of Birth: ___ / ___ / ___
Height: _____ Weight _____ Allergies/Other Medical: _____

Mail Form to: WR Junior Football - 2010 Camp, P.O. Box 340, Wood-Ridge, NJ 07075

I/We, the parents/guardians of the above named youth, hereby give my/our permission to participate in any and all Junior Football Camp Activities. I/We Assume all risks and hazards incidental to such participation, including transportation to and from the activities and I/We hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, participants and persons transporting my/our child to and from activities, for any claim of an injury to my/our child, whether the result of negligence or for any other cause.

Emergency Contact: _____

Emergency Phone(s): _____

Parent(s)/Guardian(s) Signature: _____ Date: ___ / ___ / ___

Date Registered: ___ / ___ / ___

Go Blue Devils!