

**WOOD-RIDGE JUNIOR FOOTBALL – 2011CAMP**



March 27, 2011

Dear Student-Athlete,

I would like to personally invite you to the Wood-Ridge Junior Football Camp. As the Head Coach of the Wood-Ridge High School Football Team, I have enjoyed the opportunity to serve the needs of our Junior Football Program. Our goal is to strengthen the link between our programs and continue to develop quality athletes.

You will have the opportunity to work directly with the Wood-Ridge High School Varsity coaches, as well as former and current Wood-Ridge High School Football Players. You will grow as a player and have a great time doing it.

Last season was a very exciting year for the Blue Devils, both on the Junior and High School levels. I look forward to seeing you at the camp this summer and begin working toward another successful and exciting football season in Wood-Ridge.

Sincerely,

Coach Lange

**Go Blue Devils!**

**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 25th – Friday July 29th WRHS Field – Locker Room Entrance

**WHO CAN ATTEND:** Student Athletes entering grades 3-8 in September 2011

**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.

<b><u>CAMP SCHEDULE: (typical day)</u></b>	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 2011)  
City: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_ / \_\_\_ / \_\_\_  
Height: \_\_\_\_\_ Weight \_\_\_\_\_ Allergies/Other Medical: \_\_\_\_\_

Mail Form to: WR Junior Football - 2011Camp, 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!**