

# BLUE DEVILS YOUTH FOOTBALL CAMP

## DATES



**JULY 22ND-JULY 26TH**

**FROM 6:15 to 8:15**

**DONNA RICKER FIELD**

**Directed by the Coaching Staff of the Wood-Ridge High School Varsity  
football team and SPONSORED by WR Recreation**

**AGES entering 2nd through 8th**

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**Please make checks payable to Wood-Ridge Touchdown Club**

**COST 50\$ PER Athletes**

**And Mail to Wood-Ridge Touchdown Club in care of Coach T P.O. Box 15 Wood-Ridge New  
Jersey.**

**Any question please contact Coach Trentacosti (Coach T) at 201-543-3639**

**[ctrentacosti@wood-ridgeschools.org](mailto:ctrentacosti@wood-ridgeschools.org)**

### **Camp Facilities:**

**Camp Tee shirts will be provided, and a professional trainer will be on-site each camper must  
piece, footwear for artificial turf, shorts and a tee shirt... No helmets or pads needed **CAMP IS  
NONE CONTACT.****

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### **REGISTRATION INFORMATION**

**Childs Name** \_\_\_\_\_ **Age and Grade** \_\_\_\_\_

**Address** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Parent of Guardians Name** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Shirt Size Yt sm med lg AD sm med lg xl ( CIRCLE ONE)**

### **HOLD HARMLESS AGREEMENT**

**"Parents statement" Must be signed before camper can participate.**

**I/we, the parents of the above named youth hereby give my/our child permission to participate in any and  
all Wood-Ridge Recreation Football youth camp activity. 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 organizer, sponsors, supervisors, participants, and  
persons transporting my/ our child to and from activities, for any claims arising out of an Injury to my/our  
child, whether the result of negligence or for another cause.**

**PARENT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_



## **CAMP OBJECTIVES:**

**To give young players the opportunity to learn football fundamentals from the best in the Bergen County Area. The campers will be instructed in all areas of the game. "They" are the foundation of our program. We want to encourage them to succeed. For the past 7 years we've worked with many of our now graduated student athletes and present players and their camp experience helped to enhance and improve their time with us.**

### **FUNDAMENTALS:**

**KICKING - Place kicking, punting and kick off techniques.**

**QUARTERBACKS - Leadership, play calling ball handling, passing skills, faking drills, and skill work.**

**BACKS - Running, blocking, faking, ball carrying, pass catching and skill drills.**

**OFFENSIVE LINEMAN - Stance, blocking, pulling, trapping, pass protection and skill drills.**

**DEFENSIVE LINE - Pass rush, tackling drills, charges, pursuit, key reaction and skill drills..**

**LINE BACKERS - stance, key reaction, pursuit, pass coverage, tackle drills and skill drills.**

**DEFENSIVE BACKS - Stance, alignment, key reaction, run support drills, man to man and zone coverage work and skill drills .**

**THERE WILL BE A SESSION ON WEIGHT TRAINING AND NUTRITION AND WELL AS A LECTURE OR TWO ABOUT THE GAME. VIDEO WILL BE PROVIDED AS NEEDED TO ENHANCE THEIR LEARNING.**