

West Side Football Team Camp 2019



**Monday August 5th
Thru
Thursday August 8th
5:30-8:00pm**

**Irondequoit High
School**

Please arrive on Monday Night at 4:45 pm if you are not pre-registered. Only cash, money orders or certified checks will be accepted after August 3rd.

Camp Staff

James Vann/Steve Flagler East
Rich Lipani Hilton
Dan Fichter Irondequoit
Bobby Bates McQuaid
Kala Gause U. Prep
Chris Taylor Leadership

We believe a low player to staff ratio assists in achieving best results. High School Head coaches and staffs will be on hand to ensure total participation.



For more information contact the Head Varsity Football Coach at your school.



Areas of Instruction

Quarterbacks: proper throwing technique, stance, dropping back, play action, sprint out passing, ball handling, and reading defenses.

Receivers: ball handling, stance, receiving techniques, route running, and reading coverage.

Running Backs: ball handling, stance, run and pass blocking, pass receiving, and reading blocks

Offensive Lineman: stance, starts, run and pass blocking, pulling, and trapping.

Defensive Line: stance, alignment, key reads, passes rush, run and pass defense, pursuit and tackling.

Linebackers and Secondary: alignment, stance, proper position, pass coverage, pursuit and tackling

Camp Objective

- The objective of this camp is to provide an opportunity for players to experience the offensive and defensive aspects of football. Emphasis will be on providing each participant with football fundamentals as well as specialty skills.
- Participants will be wearing **school issued** helmets and shoulder pads. Mouth guards and cleats are also required. No lower body gear is needed. Contact will be “upper body only” with emphasize on control and safety.
- Note: This camp will not provide equipment for players!
 - Camp will be held at Irondequoit High School
260 Cooper Rd
Rochester N.Y.
14617
 - Direct Inquiries to the Head Varsity Football Coach at your school.

Registration Form

Players Name: _____

Address: _____

City/Zip: _____

Home Phone: _____

Parent Name _____

Email: _____@_____

Grade: _____ Level JV or Varsity

Years at this Camp 0 1 2 3 4

School _____

Medical information coaches should be aware of:

Registration fee for Camp is \$80.00
After 8/3/19
(\$90.00 Cash or Money Order ONLY)
Please send completed forms and check
Payable to G's Athletics to:

West Side Football Team Camp
565 Raspberry Patch Dr
Rochester, NY 14612

West Side Football Team Camp

Parent Waiver:

I, the parent/guardian of _____

accept full responsibility for injuries that may occur as a result of participating in the West Side Football Team Camp. I agree and endorse participation with the understanding that the camp directors, coaches and the sponsoring agencies are not liable for injuries/harm or medical expenses.

My child is in good health and has no physical condition that would prevent him/her from participating in the West Side Football Team Camp. I authorize the trainer to administer needed first aid and seek medical attention in case of emergency. I hereby acknowledge that I have appropriate medical/accident & dental insurance coverage for my participating child.

Campers are required to provide their own insurance coverage. This camp does not provide accident and health insurance.

Signed: _____

Print: _____

Name of Medical Insurance: _____

Policy # _____