

Summer 2017 Football Camps

Freshman Football – Intro to Weights and Football Practice Skills

8th Grade Only

Monday – Thursday, May 30th – July 20th 5:30–7:30pm

Coach Hudson

Learn how to use our weight room under the guidance of our Freshman Football Coaches and familiarize yourself with the football skills you need to be successful on the playing field! The first three weeks will be an intro weights course, then campers will merge into Weight Training & Football Camp with Coach Scurran the rest of the summer.

Fee: \$68

Open Weight Training & Football Skills Camp

9–11th Grade

Monday – Thursday, May 30th–July 20th 4:00–7:30pm

Join CFHS coaching staff in preparation for the upcoming football season. Learn skills with an emphasis on focused weight training for injury prevention and football improvement. Improve your athleticism, speed and overall performance on the field. Work in a variety of settings to enhance your abilities!

Fee: \$60

Pre-Season Incoming Freshman Football Camp

8th Grade Only

July 10th – July 14th and/or July 24th – 28th 7:00am-9:30am

This summer camp is for all new players to be ready to get on the field! Join the Foothill's Freshman Football Coaches, to improve your athleticism, speed and overall performance. Learn skills on both sides of the ball including the core components of passing, catching and defensive positioning. Players can expect to work hard on improving balance, movement, concentration, confidence, flexibility and power!

Fee:\$25 per week

Student's Name.....Home Phone

Address..... Zip

Grade (2016–2017 school year) School.....

Parent/Guardian Name Phone

Parent/Guardian Name Phone

Email address(es):

Emergency Contact Name(s) / Phone

Community Schools Release Statement

I recognize the risk of illness and injury inherent in any program and am participating in the express agreement and understanding that I am hereby waiving and releasing the instructors and Catalina Foothills Community Schools from and against all claims, costs, liabilities, expenses, or judgments, including attorney's fees and court costs arising out of participation in the program. I hereby agree to the aforementioned statement and release Community Schools and its associates of any financial and/or medical obligation which might be incurred. The following signature authorizes the Catalina Foothills Community Schools to pursue any emergency measures for my child and it is my agreement to pay all costs of collections. The following signature also indicates that all information provided, including name(s), address(es), phone number(s), grade level, and school in which student is currently enrolled are accurate, and acknowledge that false information provided will result in removal from enrolled class(es) without refund or credit. The following signature acknowledges that my student must adhere to all Catalina Foothills School District governing board policies and I agree to review such policies with my child(ren). Also, that Community Schools and its employees reserve the right to remove my child(ren) from any class for disciplinary reasons on a temporary or permanent basis, without refund or credit. The following signature also allows pictures to be taken of my child(ren) for future publication.

Signature of parent or guardian _____ Date _____

PLEASE CHECK YOUR OPTION

<input type="checkbox"/> Freshman Football -Intro to Weights & Practice Skills 5/30-7/20	\$68
<input type="checkbox"/> Weight Training & Football Camp Grades: 9 - 11 5/30-7/20	\$60
<input type="checkbox"/> Pre-Season Football for Incoming Freshman 7/10-7/14	\$25
<input type="checkbox"/> Pre-Season Football for Incoming Freshman 7/24-7/28	\$25
Total	\$

Visa, MasterCard or Discover accepted.

Credit Card# _____ / _____ / _____

Expiration date _____

Print name on card _____

Authorization signature: _____

Date _____

Check # _____ date _____