

West Side Football Team Camp will

be held at

Gates Chili High School

1 Spartan Way,
Rochester, NY 14624

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/children. Campers are required to provide their own insurance coverage. Accident and health insurance is not provided by this camp.

Signed:

Print:

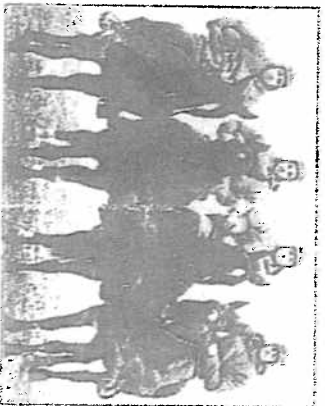
Name of Medical Insurance:

Policy #

Camp Staff

Jason Benham	Gates Chili
Rob Cerone	Greece Athena
Paul Dick	Churchville
Dan Geiger	Batavia
Tim Hill	Greece Olympia
Rich Lipani	Hilton
John Lockhart	Greece Arcadia
Dan Pincelli	Spencerport
Greg Pellitter	Brockport

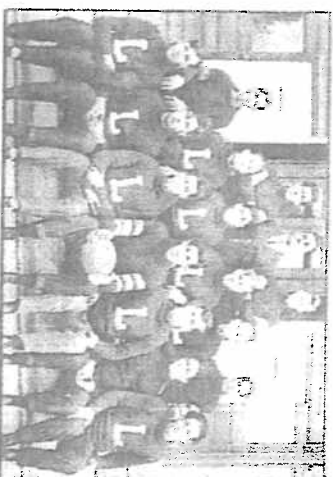
We believe a low staff to player ratio assists in achieving best results. High School Head coaches and staffs will be on hand to ensure total participation.



For more information contact the Head Varsity Football Coach at your school or visit web.mac.com/xdawg

West Side
Football

Team
Camp
2009



Monday August 3rd Thru
Thursday August 6th 2009
5:30-8:00pm
Players Grades 8-12
Gates Chili High School

Please arrive on Monday Night at 4:45pm if you are not pre-registered. Only cash, money orders or certified checks will be accepted after August 1st.

web.mac.com/xdawg

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 Linemen: stance, stunts, run and pass blocking, pulling, and trapping.

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

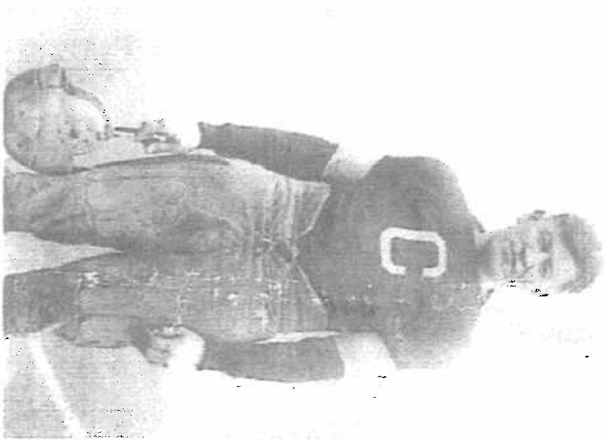
Linebackers and Secondary: alignment, stance, proper position, pass coverage, pursuit and tackling.



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 an emphasis on control and safety. Note: **This camp will not provide equipment for players.**

Camp Objective

The objective of the camp is to provide an opportunity for football 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.



Direct Inquiries to the Head Varsity Football Coach at your school

web.mac.com/xdawg

Registration Form:

Players Name: _____

Address: _____

City/Town: _____

Zip: _____ Phone: _____

Parents Name: _____

Cell/Emergency Phone: _____

Email Address: _____ (a)

Age: (as of 1/1/09) _____

Grade: (Sept, '09) _____

Years at this Camp _____

School _____ Level _____

Offensive Position _____

Defensive Position _____

Medical information coaches should be aware of: _____

Registration fee for Camp is \$80.00
(after 8/1/09 \$90.00 Cash or Money Order ONLY)

Please send completed form and check payable to G's Athletics to:
West Side Camp
565 Raspberry Patch Dr
Rochester, NY 14612

July 2009

July 2009							August 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
25	26	27	28	29	30	31	31						

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		July 1	BATAVIA CAMP - 6-8PM	2	3
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Tobi
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 6:00 school

