

RIDGE RED DEVILS

2009

INSTRUCTIONAL FOOTBALL CAMP

June 29, June 30, and July 1 ■ 1:00 PM to 4:00 PM
at the Ridge High School Football Complex
Grades 1-8

CAMP DIRECTOR:

Tony Mottola

- Head Football Coach Ridge High School
- NFL, XFL, college and high school coaching experience

CAMP FEATURES:

- Non- contact camp
- Instruction on the techniques and fundamentals of offensive and defensive football
- Special team play
- Mechanics of running
- Weight training demonstration
- Chalk talk
- Motivational speakers
- Ridge highlight tapes
- Camp t-shirt

WHAT TO BRING TO CAMP:

Football shoes, sneakers, t-shirt, gym shorts, socks and towel.

IN THE EVENT OF RAIN:

Camp will be held with demonstrations, skill development and lectures in the gymnasium and school auditorium.

COST:

The fee for each camper is \$125 which includes camp t-shirt, insurance and the increase in turf rental.

Please return registration form along with check made out to Ridge Football Camp to:

Tony Mottola
734 Hemlock Drive ■ Oradell, NJ 07649

REGISTRATION FORM

Ridge Red Devils Instructional Football Camp ■ June 29 - July 1, 2009

Name: _____

Address: _____

Phone: _____ Email address: _____

Grade in Fall 2009: _____ T-shirt size: _____

It is with my approval and consent that my child, _____, may participate in the Ridge Red Devils Instructional Football Camp. We are aware that all athletic activities involve the potential for injury. We acknowledge that even with the best instruction, use of good equipment and strict observance of rules, injuries are still a possibility. We acknowledge that we have read and understand this warning.

We will not hold the Bernards Township School District liable for any injuries that may occur as a result of camp related activity. We also give permission for the Certified Trainer on staff to apply first aid and/or arrange for emergency transportation if needed. Finally, as parent or guardian, we carry proper medical insurance for our child. We have read, understand and agree to this arrangement.

Signature of parent/guardian: _____ Date: _____

Parent/guardian name (please print): _____

Emergency phone number: _____

Tony Mottola ■ 734 Hemlock Drive ■ Oradell, NJ 07649