

**REGISTRATION  
FORM**

Mail full payment and completed form to:

**Friends of Fairfax Football, PO Box 427, Fairfax, VT 05454-0427**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

City/Town/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_ School: \_\_\_\_\_ Grade Level: \_\_\_\_\_

**T-Shirt Size: YOUTH:**    Small    Medium    Large    XL

**T-Shirt Size: ADULT:**    Small    Medium    Large    XL

FFF  
PO Box 427  
Fairfax, VT 05454-0427



**2008**

**PATRIOTS YOUTH  
FOOTBALL CAMP**



**McNall Field  
Fairfax**

**Saturday,  
August 9, 2008  
10:00 am—3:30 pm**

**Sponsored By:  
Friends of Fairfax Football Boosters,  
BFA-Fairfax Football, and  
Patriots Youth Football**



# CAMP INFORMATION

## Who?

Open to all football players entering grades 5 thru 8.

## What?

2nd Annual Patriots Youth Football Camp

## When?

Saturday, August 9th  
10:00 am to 3:30 pm

## Where?

McNall Field, Fairfax

## Why?

To advance the understanding and the development of skills necessary to play the great game of football.

## How To Register?

All campers should pre-register for this event, send attached form with payment to: **FFF, PO Box 427, Fairfax, VT 05454-0427.**

## Cost?

\$20.00 per camper. Checks made payable to Friends of Fairfax Football.

## More Information?

Contact Coach Williams at 922-5238.

## What To Bring?

- ⇒ Helmet
  - ⇒ Mouth Guard
  - ⇒ Shorts
  - ⇒ T-Shirt
  - ⇒ Football Cleats
  - ⇒ Water Bottle (No Soda, No Glass Bottles)
  - ⇒ Light Snacks and Light Bagged Lunch
- \*\*\* No refrigeration onsite \*\*\*

## Schedule

9:00—9:55	Registration
10:00—10:15	Introduction of Staff
10:15—10:30	Dynamic Flexibility Warm-up
10:30—10:45	Agilities / Plyometrics
10:45—11:30	Positional Offense
11:30—12:00	Team Offense
12:00—12:30	Lunch
12:30—1:15	Positional Defense
1:15—1:45	Team Defense
1:45—2:15	Pursuit Drill (Conditioning)
2:15—2:30	Remarks from Staff
2:30—3:30	PIZZA * Certificates * T-Shirts

## The Program

Personal instruction will be given in all aspects of football including: Proper Warm-up, All Offensive Positions, All Defensive Positions, Pursuit of Football.

Lessons will take place in both small groups and larger groups (teams).

## Emergency Contact Info:

Contact: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

## Participation Restrictions?

Does your child have any physical conditions, dietary restrictions, allergies and/or other issues? Is your child taking any medications that we should be aware of so we can ensure their health and safety?

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## Release Form:

I, the undersigned have read and understand the information the program for which my child is registered. I have noted any physical or medical conditions my child may have which may affect participation. I assume the incidental risks of this activity, including unforeseeable risks. I hereby release and agree to indemnify and hold harmless all staff and volunteers from all liability resulting from property damage or personal injury. I give permission to have my child treated for any injury sustained at this camp.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent/legal guardian must be at least 18 years of age)