

CAMP COST: \$100

The fee includes instruction, T-shirt, on site trainer, and all recreation privileges. A \$50 non-refundable deposit must accompany all applications. BALANCE OF PAYMENT IS DUE BEFORE JULY 10, 2008. ALL CHECKS SHOULD BE WRITTEN TO HSHS AND NOTE THE CHECK : FOOTBALL CAMP



WHAT TO BRING

ALL CAMPERS NEED TO BRING CLEATS, AN EXTRA T-SHIRT, SQUEEZE BOTTLE FOR WATER DURING THE DAY, AND SNEAKERS FOR INDOOR ACTIVITIES DUE TO INCLEMENT WEATHER.

HOSTED BY:
Highland Springs High
School



15 South Oak Avenue
Highland Springs, VA 23075

Phone: 804-328-4000
Fax: 804-328-4013

2008

RISEING STARS

YOUTH FOOTBALL CAMP



BUILDING CHAMPIONS
AND CHARACTER

Date: July 28—July 31

Time: 8:00—2:30

Ages 6—13
Highland Springs High School

2008 RISING STARS Youth Football Camp

CAMP APPLICATION

OBJECTIVE

The objective of this youth football camp is to provide through quality instruction an opportunity for boys of different ages and abilities to develop the techniques of individual and team play necessary in football.

Each of the following four specialties are taught and supervised by the Springer Football Staff and College Players:

1. Quarterback and receiving skills and techniques.
2. Pass defense skills and techniques.
3. Line blocking skills, techniques and agility.
4. Pass rush skills, techniques and agility.

Each camper will be timed in the 40 yd-dash and shuttle run. In addition, each camper will be counseled on speed development, agility, and strength. There will be motivational talks on self-discipline, strength and conditioning, and personal priorities in life.

CAMP SCHEDULE

(Typical daily schedule)

8:00 Early Drop Off

9:00 Roll Call

9:15—11:15 Practice

11:30 -12:30 Lunch

12:30—2:30 Games

2:30 PICK UP BEGINS

SUPERVISION

Coach Loren Johnson and his assistant football coaches will be working directly with the campers and will provide constant supervision along with the Head Athletic Trainer at Highland Springs High School. Also serving as coaches during the camp will be several outstanding college athletes from around the area.

FACILITIES

All activities will be conducted at Highland Springs High School. Practice will be conducted on the practice field. Also available for use is the High School gym and classrooms that will be utilized as game rooms and recreation activities.

Name _____

Address _____

Phone _____

Method of Payment

Check

Cash

School Now Attending _____

Grade in Fall _____

Height _____

Age _____ Weight _____

Insurance Company _____

Policy Number _____

PARENT SIGNATURE _____

Any Questions: _____

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