

Cost of the CGHS Summer Football Camp is \$55.00  
On or after April 4th the cost is \$65.00

Name: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_  
T-Shirt Size (*adult*): \_\_\_\_\_ Weight: \_\_\_\_\_ Level playing in Fall of 2011 (circle one below):  
Email Address: \_\_\_\_\_ Featherweight Bantam Flag  
Home Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

*Parents signature of permission for participation in the Cary-Grove HS Summer Football Camp*

### SUMMER CAMP PHILOSOPHY

Our summer camp is designed to provide an opportunity for the players to develop in the following areas:

- Teamwork
- Individual Skills
- Team Concepts

### WHO CAN PARTICIPATE

This camp is open to all students who are 98 pounds and under.

Cary-Grove High School



# YOUTH CAMP

FEATHERWEIGHT  
BANTAM  
FLAG

Summer Football  
Information

June 20 – June 23  
2011

1:00 PM – 2:30 PM



## DAILY ACTIVITIES

All participants will start on the practice field that is located next to the Tennis Courts. On the practice field, the coaching staff will conduct a variety of football drills. Proper blocking and tackling skills will be taught, but we do not tackle players to the ground. Players will also learn how to run and catch a football. The activities on the field will help develop the participant's football skills.

## STATION DESCRIPTIONS

All campers will have the opportunity to participate at each station.

We will have 12 stations, with 12 different drills to perform.

1. My Drill – Running Back
2. Stance & Starts – Offensive Line
3. Hit & Run – Defensive Line
4. Stance, Punch, and Dive – Offensive Line
5. Pat & Go – Receiver
6. Stance & Cuts – Defensive Back
7. Tackling & Footwork – Defense
8. Fumble Recovery – Defense
9. Tackling vs. Pad – Defense
10. Pass with an Arc – Quarterback
11. Handoffs – Running Back
12. Passing - Quarterback

## EQUIPMENT NEEDED

The following are needed for camp:

Football Shoes & Gym Shoes  
(in case of rain)

NO OTHER EQUIPMENT NEEDED

## CAMP ATTIRE

Each participant should wear athletic clothing and gym shoes.

Football shoes or a non-metal type of cleated shoe is recommended for the activities on the practice field.

## IN CASE OF LIGHTNING

We will still have camp. Campers will meet or go to the lower gym lobby (located off of rear parking lot). From there we will have various drills for them to do inside.

## COACHES

Brad Seaburg, John Bryan,  
Mike Walston, Matt Furlong,  
Phil Raffaelli and  
Cary-Grove Varsity Football Players

## COST OF CAMP

\$55 on or before April 4<sup>th</sup>.

\$65 after April 4<sup>th</sup>

**\*\* Sign Up Day of Camp \*\***  
\$75.00

T-Shirts will be given at the end of camp.

*Camp payment must be received BEFORE May 23<sup>rd</sup> in order to receive a T-shirt. Payments received after May 24<sup>th</sup> will NOT receive a T-shirt.*

## REFUND POLICY

Refund prior to June 20<sup>th</sup>:  
*Less \$25 of amount received.*

Refund on or after June 20<sup>th</sup>:  
**NO REFUND**

## CHECKS

Please make checks payable to:  
Cary-Grove High School

### **Mail Checks to:**

Cary-Grove High School  
C/O Brad Seaburg  
2208 Three Oaks Road  
Cary, IL 60013