

## REGISTRATION FORM

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

Address: \_\_\_\_\_

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

Parent(s)/Guardian(s): \_\_\_\_\_

Phone: (H) \_\_\_\_\_

(Cell) \_\_\_\_\_

(Work) \_\_\_\_\_

Email: \_\_\_\_\_

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

Emergency Phone: \_\_\_\_\_

Relation to Camper: \_\_\_\_\_

Grade Level in Fall: \_\_\_\_\_

School: \_\_\_\_\_

Age: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Off. Pos.: \_\_\_\_\_ Def. Pos.: \_\_\_\_\_

T-Shirt Size (circle):

M - L - XL - XXL

## WAIVER FORM

Since all campers are minors, this waiver form must be signed by the child's parent or legal guardian.

### Statement

*I understand that Madison La Follette High School, its staff and employees, and the Lancer Youth Football Camp Staff are not responsible for any accident or injury occurring to \_\_\_\_\_ while attending camp.*

(Camper's Name)

\_\_\_\_\_  
/

(Parent/Guardian Signature & Date)

Any medical conditions which our staff should be made aware? \_\_\_\_\_

HMO: \_\_\_\_\_

HMO Phone #: \_\_\_\_\_

HMO ID#: \_\_\_\_\_

### Send Application and Payment to:

Michael Harris, Head Football Coach  
La Follette High School  
702 Pflaum Road  
Madison, WI 53716

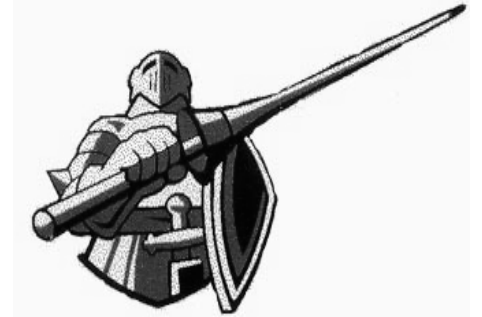
### Make Checks Payable to:

*La Follette High School*

YOUTH FOOTBALL CAMP  
Michael Harris, Head Football Coach  
Robert M. La Follette H.S.  
702 Pflaum Road  
Madison, WI 53716

# 2010 MADISON LA FOLLETTE

## LANCER FOOTBALL YOUTH CAMP



### GRADES 4<sup>TH</sup> – 9<sup>TH</sup>

### JULY 19<sup>TH</sup> – JULY 21<sup>ST</sup>

### 5:00 P.M. – 8:00

### P.M.

### - FOOTBALL PRACTICE FIELDS -

## ***“CONTINUING THE EVOLUTION OF CHAMPIONS!!!”***

## CAMP PHILOSOPHY

The camp philosophy is to provide solid fundamental football skills in a NON-CONTACT atmosphere. Our focus is to instruct each camper so they are exposed to the basics of the sport of football. We envision each camper to reach their fullest potential and enjoy the rewards that the sport of football has to offer.

Instruction in weight training, running techniques, flexibility exercises, and special skills are emphasized.

Lectures on sportsmanship, leadership, and citizenship will be included throughout the camp. Participants will receive an evaluation of their performance at the end of the camp session.

## CAMP STAFF

The camp staff consists of dedicated coaches and former athletes from the Madison La Follette Football Program. Additionally, current Sophomore, Junior, and Senior Lancer football players assist as camp counselors to provide additional instruction and support for the youth camper.

***GO LANCERS!***

## CAMP INSTRUCTION

Each athlete will specialize in a particular position with emphasis on the following techniques:

**Quarterbacks:** Leadership, ball handling, passing, offensive strategy.

**Running Backs:** Ball carrying, faking, blocking, pass receiving.

**Receivers:** Releases, patterns and routes, receiving, ball carrying, and blocking.

**Defensive Backs:** Tackling, keys and reads, pass defense (Zone or Man-to-Man).

**Offensive Linemen:** Stance, explosion, pulling, trapping, blocking (Pass protection, Reach, and Double Teams).

**Defensive Linemen:** Stance, Reads, Slant Techniques, Pass Rushing, Tackling.

**Linebackers:** Stance, Keys and Reads, Reaction, Tackling, and Blitzing.

**Defensive Ends:** Stance, Pass Rushing, Contains, and Tackling.

Every camper will be instructed in quickness and agilities, flexibility, and proper running techniques.

### ***THIS IS A NON-CONTACT CAMP.***

Campers will use bags and shields when contact is to be made.

## CAMP EQUIPMENT

All campers should wear shorts and t-shirts. Cleats are recommended but not required. Campers should also bring tennis shoes, as camp will be moved indoors in the event of inclement weather. Mouthguards ***MUST*** be worn and will be provided by the La Follette Youth Football Camp Staff.

## CAMP COST

The cost of camp is **\$40.00** payable to: ***La Follette High School*** (registration form on other side of brochure).

Every camper will receive: a camp t-shirt, certificate of participation, mouthguard, and a written evaluation card.

**Registration should be sent to:**  
***Michael Harris, Head Football Coach***  
***Robert M. La Follette H.S.***  
***702 Pflaum Road***  
***Madison, WI 53716***

**Checks Payable to:**  
***La Follette High School***

\*a confirmation letter will be mailed upon receipt of your registration.

**REGISTRATION DEADLINE IS:**  
**Friday, July 16<sup>th</sup>!!!**

## CAMP ELIGIBILITY

The Lancer Youth Football Camp is intended for students entering grades 4<sup>th</sup>-9<sup>th</sup> (as of Fall 2010). Campers DO NOT have to be in the La Follette attendance area to participate. ALL youth football players are encouraged and welcome to attend!

**LA FOLLETTE**  
  
**FOOTBALL**