
Please Read and Sign

To the best of my knowledge my child is in good condition and I am not aware of any physical infirmity that would place my child at risk to participate in any way with the camp's activities. I am fully aware of the risks and hazards associated with this camp. I voluntarily assume full responsibility for any risk of loss, property damage or personal injury (including death) that may be sustained by my child or any loss or damage to property owned by my child as a result of being engaged in camp activities. During the period of the camp, I hereby give permission for the staff of the Cougar Football Camp to administer appropriate medical attention to my child in the event of any accident, illness, or injury. I will be responsible for any and all costs of medical coverage and treatment not covered by insurance.

(Parent Signature)

(Date)

Registration:

Name _____

Address _____

City _____ Phone _____

Parent/Guardian _____

Email: _____

Current School _____

Grade in the fall of 2011 _____

T-shirt size _____

(Adult sizes)

List any allergies or special medical conditions:

Mail Application and \$125 fee (make check payable to CMHS):

Cardinal Mooney High School - Attention Bob Lees

4171 Fruitville Road

Sarasota, FL 34232

Registration form/fee is due by May 15th
to guarantee camp enrollment and t-shirt size



Cardinal Mooney High School

Cougar Football Camp
June 11th-14th from 8:00-12:00

Cardinal Mooney High School
4171 Fruitville Road
Sarasota, FL 34232

Phone: 941-371-4917 Ext. 120
Fax: 941-371-6924
Email: jsmithers@cmhs-sarasota.org



Cardinal Mooney High School

Cougar Football Camp (Non-Contact) Grades 5th - 8th



June 11-14 from 8:00-12:00

For more information call 371-4917 Ext. 120
Or email Coach Smithers at jsmithers@cmhs-sarasota.org

Camp Philosophy

The purpose of the Cougar football camp is to provide middle school age boys with the opportunity to work on their skills during the summer months. The camp is conducted and run by trained high school coaches who will stress the fundamentals needed in middle school and will help them build a strong foundation for later high school competition. Each player will work on drills that he will utilize in the upcoming season and his future high school career.



Time will be spent on the many phases of the game. On each day sessions

will be spent on the physical and mental aspects of football. These sessions will include sportsmanship, team concept, discipline, balancing athletic and academic success, individual skills by position and group, an introduction to football weight training and other selected topics. Players will be exposed to all positions on offense and defense.

Each day will include a competitive flag football 7 on 7 passing contest. Teams will be based on age with a 7 on 7 tournament championship concluding the camp on Thursday. Awards will be presented for individual and team events.

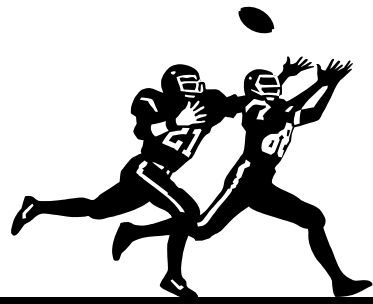
Develop a strong foundation at the Cougar Football Camp

Typical Day

- 8:00 Check in and attendance
- 8:10 Stretch and agility
- 8:30 Individual skills and drills (offense)
- 9:00 Mixed group session (offense)
- 9:30 Special session topics
- 10:00 Snack Break
- 10:10 Individual skills and drills (defense)
- 10:40 Group Defense
- 11:00 7 on 7 competition
- 12:00 End of session
- 12:15 All participants must be picked up by 12:15. After 12:15 after care charges may apply.

Cost

The cost of the camp is **\$125.00**. Each participant will receive a camp t-shirt. Space is limited so submit your registration and fee immediately. The deadline is May 15 to guarantee enrollment in the camp and t-shirt size.



Work on your offensive and defensive skills

Staff

The Cougar Football Camp will be conducted by CMHS Head Coach Josh Smithers and his staff. They will be assisted by current and past members of the Cougar Football program. Coaches will lead the participants during all drills and during the 7 on 7 competition.



What to Bring

All participants should bring a snack each day, water bottle or thermos, football shoes and sneakers. All players should wear shorts and a t-shirt during the camp. A change of clothes is recommended.

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