

CAMP DIRECTOR

ADAM BAEIRA
HEAD FOOTBALL COACH
RAMSEY HS



DAILY ITINERARY

REGISTRATION : MONDAY 8:30AM
MONDAY - THURSDAY 9:00 AM - 2:00 PM

| | |
|----------|-----------------------|
| 9:00 AM | STRETCH/WARM UP |
| 9:30 AM | STATION DRILLS |
| 10:00 AM | OFFENSIVE INSTRUCTION |
| 10:45 AM | CHALLENGE COMPETITION |
| 11:30 AM | LUNCH |
| 12:15 PM | WARM UP |
| 12:30 PM | DEFENSIVE INSTRUCTION |
| 1:00 PM | TEAM GAMES |
| 1:30 PM | SPECIAL GUEST SPEAKER |
| 2:00 PM | DISMISSAL/PICK UP |

POSITION SPECIFIC TECHNIQUE INSTRUCTION

- QUARTERBACKS
- WIDE RECEIVERS
- TIGHT ENDS
- O-LINE
- RUNNING BACKS
- DEFENSIVE BACKS
- LINE BACKERS
- DEFENSIVE LINE

GROUP AND TEAM WORK

DURING OUR PERIODS OF GROUP WORK ATHLETES WILL UNDERSTAND THE IMPORTANCE OF ESTABLISHING TRUST WITH THEIR TEAMMATES.

SPEED AND AGILITY CLINIC

THROUGH OUR SPEED AND AGILITY CLINIC, CAMPERS WILL LEARN PROPER TECHNIQUE TO IMPROVE THEIR QUICKNESS, SPEED, AND OVERALL ON-FIELD PERFORMANCE.

SKILLS COMPETITION

EACH DAY OF CAMP, ATHLETES WILL HAVE THE OPPORTUNITY TO HAVE SOME FUN AS THEY COMPETE AGAINST THEIR PEERS FOR PRIZES IN OUR SKILLS COMPETITION.

MOTIVATION AND GOAL SETTING

WE ARE THRILLED TO WELCOME A NUMBER OF PROFESSIONAL PLAYERS AND COACHES TO MOTIVATE AND INSPIRE OUR ATHLETES. CAMPERS WILL BE PERMITTED TO WORK WITH, ASK QUESTIONS, AND RECEIVE AUTOGRAPHS FROM OUR SPECIALS GUESTS.

SPECIAL GUESTS



HYDRATED BY



GRIDIRON STATE FOOTBALL

2024 SUMMER YOUTH FOOTBALL CAMP
JULY 8TH - JULY 11TH
APPLICANT INFORMATION

NAME: _____
EMAIL: _____
TELEPHONE: _____
ADDRESS: _____

CITY: _____
STATE: _____ ZIP CODE _____
PARENT/GUARDIAN: _____
EMERGENCY CONTACT: _____
EMERGENCY CONTACT PHONE: _____
AGE: _____ DOB: _____
OFFENSIVE POSITION: _____
DEFENSIVE POSITION: _____
T-SHIRT SIZE (MENS) S ___ M ___ L ___ XL ___ XXL ___
(YOUTH) S ___ M ___ L ___

DO YOU HAVE ANY HEALTH CONDITIONS? _____
IF SO PLEASE EXPLAIN: _____

PAYMENT INFORMATION \$240.00

CHECKS MAY BE MADE OUT TO GRIDIRON STATE FOOTBALL.
PAYMENT METHOD CASH _____ CHECK _____
I UNDERSTAND THAT THE PAYMENT IS TO BE SUBMITTED FOR THE
DESIGNATED DATES AND INCLUDES CAMP REGISTRATION AND GRIDIRON
STATE FOOTBALL T-SHIRT. GRIDIRON STATE FOOTBALL WILL PROVIDE
ACCIDENTAL INSURANCE ON A LIMITED BASIS. ALL APPLICANTS MUST
PROVIDE PROOF OF MEDICAL INSURANCE.

I HEREBY CERTIFY THAT MY SON IS IN GOOD HEALTH AND MAY PARTICIPATE
IN ALL ACTIVITIES. IN CASE OF AN EMERGENCY, I GRANT PERMISSION FOR
MY SON TO BE GIVEN EMERGENCY TREATMENT AT A LOCAL HOSPITAL.

I UNDERSTAND THAT NEITHER GRIDIRON STATE FOOTBALL, THE CAMP
STAFF, NOR ANYONE CONNECTED WITH THE CAMP WILL ASSUME ANY
RESPONSIBILITY FOR ANY ACCIDENTS, (MEDICAL OR DENTAL), OR OTHER
EXPENSES INCURRED AS A RESULT OF ACCIDENTS DURING THE DURATION
OF THE CAMP.

IN THE EVENT THAT A DAY OF CAMP IS CANCELED DUE TO SEVERE
WEATHER CONDITIONS, THE MAKE-UP RAIN DATE WILL BE HELD ON
FRIDAY JULY 12TH

PARENTAL/GUARDIAN

SIGNATURE _____ DATE _____

GRIDIRON STATE FOOTBALL

WHAT TO KNOW

- ✓ **LOCATION: RAMSEY HS**
256 E MAIN ST, RAMSEY, NJ
- ✓ **DATES: July 8th - July 11th**
- ✓ **TIME: 9:00AM - 2:00PM**
- ✓ **AGES 7-15**
ALL POSITIONS ARE WELCOME TO ATTEND
- ✓ **A CERTIFIED ATHLETIC TRAINER WILL BE PRESENT EACH DAY. ALL ATHLETES SHOULD BRING CLEATS, MOUTH GUARDS, AND A SNACK.**
- ✓ **COST: \$240** (\$250 FOR WALK-UPS)
CHECKS CAN BE MADE PAYABLE TO:

GRIDIRON STATE FOOTBALL

REGISTRATION WILL BE TAKEN ON A FIRST COME
FIRST SERVE BASIS. A LIMITED NUMBER OF
REGISTRATIONS ARE AVAILABLE. REGISTRATION
MAY BE COMPLETED ONLINE, MAILED IN OR
PAID AT THE DOOR.

MAIL PAYMENTS & REGISTRATIONS TO:
Gridiron State Football

29 Cherry Lane
Ramsey, NJ 07446

SPACE IS LIMITED!



REGISTER NOW

GRIDIRONSTATEFOOTBALL.COM



PRESENTS

NEW JERSEY'S GRIDIRON STATE

SUMMER FOOTBALL CAMP

AGES 7-15

July 8th - July 11th
9:00AM - 2:00PM

RAMSEY HIGH SCHOOL



HYDRATED BY

BODYARMOR
SuperDrink

1 NATURAL SPORTS DRINK

