## CAMP DIRECTOR

ADAM BAEIRA HEAD FOOTBALL COACH RAMSEY HS



### DAILY ITINERARY

REGISTRATION: MONDAY - THURSDAY MONDAY, 8:30AM

9:00 AM

9:00 AM - 2:00 PM

STRETCH/WARM UP

9:30 AM

STATION DRILLS OFFENSIVE INSTRUCTION

10:00 AM 10:45 AM

CHALLENGE COMPETITION

11:30 AM

LUNCH

WARM UP 12:15 PM

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
- DEFENSIVE BACKS LINE BACKERS
- TIGHT ENDS
- O-LINE
- DEFENSIVE LINE

## **GROUP AND TEAM WORK**

RUNNING BACKS

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

IF SO PLEAS	SE EXPLAIN:
DO YOU HA	VE ANY HEALTH CONDITIONS?
	(YOUTH) SML
T-SHIRT SI	ZE (MENS) SM_L_XLXXL
	POSITION:
OFFENSIVE	POSITION:
	DOB;
EMERGENC	Y CONTACT PHONE:
EMERGENC	Y CONTACT:
PARENT/GU	ARDIAN:
	ZIP CODE
CITY:	
ADDRESS: _	
	k

#### PAYMENT INFORMATION \$240.00

CHECKS MAY BE MADE OUT TO GRIDIRON STATE FOOTBALL

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 (S250 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**

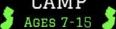
GRIDIRONSTATEFOOTBALL.COM



PRESENTS

# NEW JERSEY'S GRIDIRON STATE

SUMMER FOOTBALL
CAMP



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

RAMSEY HIGH SCHOOL



HYDRATED BY

BODYARMOR

SUPERBURN

1 NATURAL SPORTS DRINK