

“RAM PRIDE” TEAM CAMP 2006

For upcoming 8th and 9th graders along with all JV and Varsity players (grades 10-12)

RAM TEAM CAMP FORMAT

- To better acquaint ALL athletes with their program’s offensive and defensive terminology.
- To learn and polish TECHNIQUES associated with each offensive and defensive position.
- To develop and raise the SKILL level associated with ALL positions.
- To become familiar with the DRILL progression associated with the Rockford High School Football Program.
- Each TEAM present will have the opportunity to have their athletes work together during group and team periods.
- ALL individuals will receive instruction during individual, group and TEAM periods.
- ALL activities will be vigorous during each non-contact practice session and will be in compliance with the guidelines of the MHSAA.



PARENTAL INFORMATION
Please make all checks payable to:
ROCKFORD FOOTBALL

MAIL TO:
Rockford High School
Attn: Coach Ralph Munger
4100 Kroes
Rockford, MI 49341

Phone: (S) 863-6030 or (H) 866-7797
Email Address: rmunger44@aol.com or rmunger@rockford.k12.mi.us

Location: Rockford High School
Practice Fields

Dates: July 11th – 13th

Time: 8:15 am – 1:30 pm

Cost: \$40.00 (includes daily lunch)

Registration after JUNE 9th is \$45.00 w/ NO guarantee of camp issued items

**"Ram Pride" TEAM Camp
Registration Form**

Athlete (please print) / / _____
Date of Birth **Grade Entering**

Offensive Position **Defensive Position** **Middle School or High School Attending in fall '06**

Street Address **City** **Zip Code**

Parent Work Phone # **Parent Home Phone #**

T-Shirt Size (Circle) MENS: MED LG XL XXL

Shorts Size (Circle) MENS: MED LG XL XXL

I understand that the applicant will be engaging in physical activity during this camp, which contains an inherent risk of physical injury. The undersigned assumes full responsibility for any and all injuries which the applicant may incur while participating in the Rockford Football Camp.

Parent Signature / / _____
Date

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