

# “RAM PRIDE” TEAM CAMP 2007

For upcoming 8<sup>th</sup> and 9<sup>th</sup> 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](mailto:rmunger44@aol.com) or [rmunger@rockford.k12.mi.us](mailto:rmunger@rockford.k12.mi.us)

**Location:** Rockford High School  
Practice Fields

**Dates:** July 10<sup>th</sup> – 12<sup>th</sup>

**Time:** 8:30 am – 1:45 pm

**Cost:** \$45.00 (includes daily lunch)

**Registration after JUNE 8th is \$55.00 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 '07**

\_\_\_\_\_  
**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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