

ROCKFORD FOOTBALL

DIVISION 1 STATE CHAMPIONS
2004 2005 2008



TEAM CAMP 2009



For Upcoming Grades 7 THROUGH 12
July 7th - 9th

"RAM PRIDE" TEAM CAMP 2009
Registration Form for Upcoming Grades 7 - 12

Athlete First and Last Name (please print)

____/____/____
Date of Birth

Grade Entering

Offensive Position

Defensive Position

Middle School or High School Attending in Fall '09

Street Address (please print)

City

Zip Code

Home Phone #

Cell Phone #

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

Shorts Size (Circle) MENS: SM MED LG XL XXL

I understand the applicant will be engaging in physical activity during 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 FUNdamental Youth Clinic.

Parent Signature

Parent Name Printed

____/____/____
Date

Registration after JUNE 5th is \$55.00 with NO guarantee of camp issued items

“RAM PRIDE” TEAM CAMP 2009

- **NEW THIS JULY – TEAM Camp will be including upcoming 7th Graders**
- **NO EQUIPMENT is NEEDED other than FOOTBALL SHOES**

RAM TEAM CAMP FORMAT

- To better acquaint ALL athletes with their level’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 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 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

Questions directed to Coach Munger:

Phone: (S) 863-6030 ext 7244 or (H) 866-7797

Email Address: rmunger44@aol.com or rmunger@rockford.k12.mi.us

Location: Rockford High School
Practice Fields

Dates: July 7th – 9th

Time: 8:30 am – 1:45 pm

Cost: \$45.00 (includes daily lunch)

Registration after JUNE 5th is \$55.00 w/ NO guarantee of camp issued items