ROCKFORD FOOTBALL DIVISION 1 STATE CHAMPIONS 2004 2005 2008





TEAM CAMP 2009

For Upcoming <u>Grades 7 THROUGH 12</u> 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	Mic	ddle S	chool o	r High	Scho	ol Atten	ding in Fall '09	
Street Address (please print)		City				Zip Code		
			~				_	
Home Phone #	Cell Phone #							
T-Shirt Size (Circle) M	<u>IENS</u> :	SM	MED	LG	XL	XXL		
Shorts Size (Circle) Muunderstand the applicant will be engaging in physica The undersigned assumes full responsibility for any Rockford Foo	al activit and all i	y during injuries	g camp wi which the	hich con applica	ntains ai ant may			
/						,		

Parent Name Printed

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

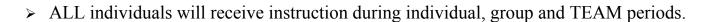
Parent Signature

"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 activities will be vigorous during each non contact session and will be in compliance with the guidelines of the MHSAA.



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)