

ROCKFORD FOOTBALL

DIVISION 1 STATE CHAMPIONS
2004 2005 2008



FUNdamental Youth Clinic 2009

For Upcoming Grades 3 through 6
July 27th - 30th



FUNdamental Youth Clinic 2009 Registration Form

Future Ram Gridder (please print)

____/____/____
Date of Birth

GRADE
ENTERING

Elementary or Middle School Attending in Fall 2009

Street Address (please print)

City

Zip Code

Primary Phone #

Secondary Phone #

Email Address

T-Shirt Size (Circle Please) YOUTH: LG XL or MENS: SM MED LG XL

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

COACH RALPH MUNGER, THE ROCKFORD FOOTBALL STAFF & MEMBERS OF THE 2009 VARSITY FOOTBALL TEAM

ROCKFORD FUNDAMENTAL YOUTH CLINIC 2009

Parents are welcome to bring along their cameras, video cameras and lawn chairs daily.

INVITE ALL UPCOMING 3RD AND 4TH GRADERS AND UPCOMING 5TH AND 6TH GRADERS TO FOUR DAYS OF **NON CONTACT FUNDAMENTAL DRILL WORK** ASSOCIATED WITH PLAYING FOOTBALL IN A SAFE AND SUCCESSFUL MANNER.

- FOR:** Upcoming 3rd and 4th graders and Upcoming 5th and 6th graders
DATES /TIMES: July 27th through July 30th from 9:00 AM to 12:30 PM daily
PLACE: Rockford High School Practice Fields
EQUIPMENT: NO equipment as this is a NON CONTACT Clinic (football shoes are acceptable but not required)
COST: \$60.00 prior to Friday, July 3rd (make checks payable to Rockford Football)
Registrations after July 3rd is \$70.00 with NO guarantee of camp issued items

CURRICULUM=SKILL DEVELOPMENT AND INSTRUCTION IN PROPER AND SAFE TECHNIQUES USED IN:

- STANCE AND STARTS
- PULLING TECHNIQUES
- BLOCKING AND TACKLING
- PASSING MECHANICS
- RECEIVING TIPS
- HAND OFF MECHANICS
- LONG SNAPPING MECHANICS
- PLACE KICKING MECHANICS
- PUNTING FUNDAMENTALS



DRILL WORK EMPHASIZING:

- BALL SECURITY
- BALL RECOVERY
- SCOOP AND SCORE
- BLOCKING PUNTS
- INTERCEPTING TECHNIQUE
- BALL REACTION
- RUNNING PROPER PASS ROUTES
- EMPHASIS ON FOOTWORK DRILLS

PARTICIPANTS WILL ENJOY 7 ON 7 ACTIVITIES ALONG WITH VARIOUS SKILL CONTESTS



MAIL THE BACKSIDE OF THIS FORM TO:

COACH RALPH MUNGER • ROCKFORD HIGH SCHOOL • 4100 KROES • ROCKFORD, MI 49341

??QUESTIONS??

CALL COACH MUNGER

AT (S) 863-6030 ext 7244 OR (H) 866-7797

Email Address: rmunger44@aol.com or

rmunger@rockford.k12.mi.us

Parents: don't miss "GAME DAY Thursday." It is a day that is action packed and full of excitement!