

# ROCKFORD FOOTBALL

**DIVISION 1 STATE CHAMPIONS**  
**2004 2005 2008**



## FUNdamental Youth Clinic 2010

For Upcoming Grades 3 through 6  
July 26th - 29th



### FUNdamental Youth Clinic 2010 Registration Form

\_\_\_\_\_  
Future Ram Gridder (please print)

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date of Birth

\_\_\_\_\_  
**GRADE  
ENTERING**

\_\_\_\_\_  
Elementary or Middle School Attending in Fall 2010

\_\_\_\_\_  
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 2010 VARSITY FOOTBALL TEAM

## ROCKFORD FUNDAMENTAL YOUTH CLINIC 2010

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 3<sup>rd</sup> and 4<sup>th</sup> graders and Upcoming 5<sup>th</sup> and 6<sup>th</sup> graders  
**DATES /TIMES:** July 26<sup>th</sup> through July 30<sup>th</sup> 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 July 5<sup>th</sup> (make checks payable to Rockford Football) / **NO REFUNDS**  
**\*Registrations after July 5<sup>th</sup> 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](mailto:rmunger44@aol.com) or [rmunger@rockford.k12.mi.us](mailto:rmunger@rockford.k12.mi.us)

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