

“RAM PRIDE” TEAM CAMP 2011

- **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: (H) 866-7797 OR (C) 204-1857

Email Address: rmunger44@aol.com or rmunger@rockfordschools.org

Location: The TED along with the Practice Areas in back of high school

Dates: July 12th – 14th

Time: 8:30 am – 2:00 pm

Cost: \$50.00 (includes daily lunch)

MAIL THE BACKSIDE OF THIS FORM TO:

COACH RALPH MUNGER • ROCKFORD HIGH SCHOOL • 4100 KROES • ROCKFORD, MI 49341
PLEASE DO NOT have your check reflect payment for additional Rockford Sport Camps

Registration after JUNE 10th is \$60.00 w/ NO guarantee of camp issued items

REGISTRATIONS NEED TO BE IN HAND BY THE END OF THE SCHOOL YEAR / NO REFUNDS

"RAM PRIDE" TEAM CAMP 2011
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 '11

Street Address (please print)

City

Zip Code

____/_____
Home Phone #

____/_____
Cell Phone #

Email (critical - please print)

MAIL THIS FORM TO:
COACH RALPH MUNGER
Rockford High School
4100 Kroes, Rockford, MI 49341

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

**be exact as possible with size selections*

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
RAM PRIDE Team Camp.

Parent Signature

Parent Name Printed

____/____/_____
Date

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