

NorCal Youth Football Camp 2009

Camper's Name _____

Address _____

City _____ Zip _____

Phone/Cell _____

Parents Name(s) _____

Email address _____

School/Grade _____

| Camp | Grade | Time | Date | Cost |
|------------------------------------|-------|-----------|--------------|-------|
| <input type="checkbox"/> Session 1 | 3-9 | 11 - 3 PM | June 15-18 | \$200 |
| <input type="checkbox"/> Session 2 | 3-9 | 11 - 3 PM | June 22-25 | \$200 |
| <input type="checkbox"/> Session 3 | 3-9 | 11 - 3 PM | Jun 29-Jul 2 | \$200 |

The \$200 fee includes camp instruction and jersey.
"Sweet" camp t-shirts can be bought for an additional \$15. Please include size and quantity with your payment.

Group Discounts: Groups of 15 or more registering before May 15, 2009 will receive a \$50 discount per camper.

Refunds: Refunds for cancellations made one month prior to the start of camp will be subject to a \$50 fee. All cancellations must be in writing. Cancellations by phone will not be accepted. No refund will be allowed for cancellations occurring less than one month prior to the start of camp, unless the cancellation is due to a medical condition documented by a physician's letter. Campers who leave camp within the first two days due to injury or illness will receive a pro-rated credit that can be applied to future camps. No other refunds or credits will be allowed.

Lunch: Students must bring a bag lunch each day.

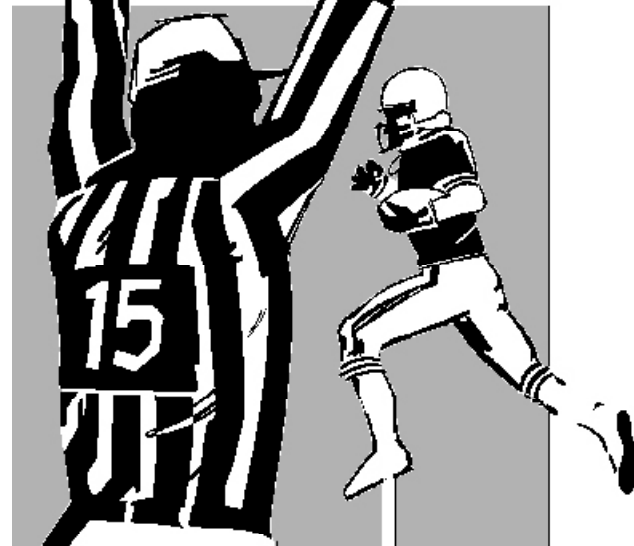
Type of Payment: Full payments made before April 11, 2009 receive a \$25 discount. Siblings receive \$25 off each tuition. Campers enrolling in more than one camp receive \$25 off each additional camp. Registration on the first day of camp will begin at 9:00 AM. Space is limited. Incoming freshman at MC should call Coach Peralta (415-464-3862) for details. No confirmation letters will be sent. Your cancelled check is your receipt.

Payment \$ _____ (check one) Check Cash
Send application and fee to: NorCal Youth Football,
675 Sir Francis Drake Blvd., Kentfield, CA 94904.
For more information, call 415-464-3862.

NorCal Youth Football Camp
 675 Sir Francis Drake Blvd.
 Kentfield, CA 94904
 (415) 464-3862

NorCal Youth Football Camp Summer 2009

at
Marin Catholic
High School



*We teach football with an
emphasis on safety and fun!*

WHAT'S A NORMAL DAY LIKE?

A sample day at NorCal Youth Football.

| | |
|-------------|-------------------|
| 10:30-10:45 | Registration |
| 11:00-11:05 | Opening Remarks |
| 11:05-11:20 | Warm Up |
| 11:20-11:55 | Defensive Clinic |
| 11:55-12:30 | Team Practice |
| 12:30-1:00 | Lunch |
| 1:00-1:10 | Roll Call/Warm Up |
| 1:10-1:40 | Offensive Clinic |
| 1:40-2:15 | Contests/Games |
| 2:15-3:00 | Games/Wrap Up |

WHAT DO I BRING TO CAMP?

All campers should bring the following items to camp everyday:

- Tennis shoes
- Rubber Cleats
- Shorts
- T-Shirts
- Sunscreen
- Water Bottle
- Bag Lunch
- Positive attitude

Questions? For additional information or questions about the NorCal Youth Football Camp, please contact Coach Ken Peralta at 415-464-3862.



FOOTBALL CAMPS

NorCal Youth Football Camp is directed by Coach Ken Peralta and is a full-padded contact camp. Players will be instructed in the basic principles of football including position specific techniques. Rules of the game and fundamentals will be taught. Players will be drilled in position specific techniques (QB, WR, RB, OL, DL, DB, LB). An emphasis will be placed on fun, sportsmanship and team play. Safety is paramount at NorCal Youth Football Camp. Campers will be matched by appropriate weight, size and grade.

CAMP CONDITIONS

Camp Conditions: Campers in attendance will abide by camp rules. Campers are expected to display good conduct and cooperate fully with our coaches. Campers who are unruly and disruptive will be sent home without a refund. We believe this policy is consistent with our philosophy of making NorCal Youth Football Camp a rewarding experience.

MEDICAL INSURANCE

Parents must complete the form below before their child is permitted to participate. An athletic trainer will be at the camp and medical facilities are nearby.

My child has permission to attend the NorCal Youth Football Camp. I will be responsible for any medical or other charges in connection with his attendance at the camp.

Parent Signature _____

Parent Name _____

Camper's Name _____

Insurance Co. _____

Policy Number _____

By submitting this application, I hereby authorize the staff of the NorCal Youth Football Camp to act for me according to their best judgment in any emergency requiring medical attention. I, the parent/legal guardian of the above named camper, hereby acknowledge that participation in this camp, as in any sport, may result in accident and/or injuries. Even though there are risks involved, I still give my approval for the above named camper to participate in any and all camp activities. I expressly assume all risks and hazards incidental to such participation, and I do hereby waive, release, absolve, indemnify and agree to hold harmless the NorCal Youth Football, its staff, suppliers, sponsors, participants and Marin Catholic for any claim arising out of injury or illness to the said camper, regardless of the cause.

