

2014 Tomah Youth Football Camp  
August 18<sup>th</sup> – 20<sup>st</sup>

Registration \$30.00

Any questions call:

Bruce Peth 372-2891 or 344-1773

Mail Registration forms by Aug. 13<sup>th</sup> to:

Tomah Football Camp

514 W. Benton St

Tomah, WI 54660

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_ Adult Shirt Size S M L XL

Youth Shirt Size S M L (Circle one)

I will enter \_\_\_\_ grade in the fall of 2014

Parents Name \_\_\_\_\_

My child has my permission to attend the Tomah Football Camp. I certify that within the past two years he / she has had a physical examination and is physically able to participate in football camp without restriction. In the event of illness or injury, I give my consent for medical treatment and permission to attending physician to hospitalize, secure proper treatment and order injections, anesthesia or surgery. I will be responsible for any medical or other charges in connection with my child's attendance at camp.

I acknowledge that at the Tomah Football Camp My Child will participate in a sport that may involve among Other things, physical contact of the body with other persons or objects, including the ground and that at the Tomah Football Camp he / she may incur a risk of injury. I specifically waive and release the Tomah Football Camp, staff and Tomah High School from liability for Any claim for damages which my child may have for Injuries or illness that my child may sustain from the Camp.

Camper Signature / Date

\_\_\_\_\_ / \_\_\_\_\_

Parents Signature / Date

\_\_\_\_\_ / \_\_\_\_\_

What to bring to camp?  
Camp participants can wear football spikes or regular tennis shoes. Dress in shorts or sweats and their camp shirt and be ready to work!

What will you learn at Camp?

- Fundamental skills for every football position
- Proper techniques for every football position
- Correct running form
- Proper stretching methods
- Listening Skills
- Sportsmanship
- Teamwork
- Punting, kicking and other specialty skills
- How to improve agility and quickness
- The rules of football
- Huddle, cadence and alignment
- How to be a champion
- How to pursue the football
- Proper hitting position