

BLUE DEVILS FOOTBALL YOUTH SPORTS CAMP

When: Monday June 28, Tuesday June 29th and Wednesday June 30th 2021

8am until 11am

Where: WRHS Turf, DONNA RICKER FIELD

Directed by the Coaching Staff of the Wood-Ridge High School Varsity football team and SPONSORED by WR Recreation

AGES entering 2nd through 8th Grades

REGISTRATION WILL BE OPEN UP TO THE 1ST DAY OF CAMP. IF SIGNING UP ON THE 1ST DAY OF CAMP PLEASE RSVP WITH A SHIRT SIZE, AGE AND GRADE. CALL, TEXT OR EMAIL

Please make checks payable to Wood-Ridge Touchdown Club

COST \$50 PER Athlete should be mailed with registration form to

Wood-Ridge Touchdown Club c/o Coach Cutrona

P.O. Box 15

Wood-Ridge, NJ 07075

Please contact Coach Joe Cutrona with questions at 201-983-3885 or jcutrona35@gmail.com.

Camp Tee shirts will be provided. Each camper should have footwear for artificial turf, shorts and a tee shirt... No helmets or pads needed: **CAMP IS NON-CONTACT**. There will be a professional trainer on site. All camp protocols will be followed and safety of the participants is of the utmost importance.

REGISTRATION INFORMATION

Childs Name _____ Age and Grade _____

Address _____ Phone _____

Parents or Guardians Name _____

E-Mail _____

Shirt Size Youth- SM MED LG Adult- SM MED LG XL (CIRCLE ONE)

A parent/guardian must sign the electronic Wood-Ridge Recreation waivers via the link below.

<https://forms.gle/UNQXYazb95v5hjZc6>

HOLD HARMLESS AGREEMENT

"Parents statement" Must be signed before the camper can participate.

I/we, the parents of the above-named youth hereby give my/our child permission to participate in any and all Wood-Ridge Recreation Football youth camp activities. I/we assume all risks and hazards incidental to such participation including transportation to and from the activities and I/we hereby waive, release absolve, indemnify and agree to hold harmless the organizer, sponsors, supervisors, participants, and persons transporting my/ our child to and from activities, for any claims arising out of an injury to my/our child, whether the result of negligence or for another cause.

PARENT SIGNATURE _____ **DATE** _____



CAMP OBJECTIVES:

To give young players the opportunity to learn football fundamentals from the best in the Bergen County Area. The campers will be instructed in all areas of the game. "They" are the foundation of our program. We want to encourage them to succeed. For the past 8 years we've worked with many of our now graduated student athletes and present players and their camp experience helped to enhance and improve their time with us.

FUNDAMENTALS:

KICKING - Place kicking, punting and kick off techniques.

QUARTERBACKS - Leadership, play calling, ball handling, passing skills and skill work.

BACKS - Running, blocking, faking, ball carrying, pass catching and skill drills.

OFFENSIVE LINEMAN - Stance, blocking, pulling, trapping, pass protection and skill drills.

DEFENSIVE LINE - Pass rush, tackling drills, charges, pursuit, key reaction and skill drills.

LINEBACKERS - stance, key reaction, pursuit, pass coverage, tackle drills and skill drills.

DEFENSIVE BACKS - Stance, alignment, key reaction, run support drills, man to man and zone coverage work and skill drills.

THERE WILL BE A SESSION ON WEIGHT TRAINING AND NUTRITION.

All state protocols will be followed, the safety of our camps is very important to us. Be sure to bring your own water bottle labeled with your name. There will be water and Gatorade available for refill.