



1 Day Better Football Camp

ADMIN ONLY: SHIRT SIZE _____ POSITION _____ AGE _____ # _____

The 1 Day Better Football Camp conducts a week-long camp during the summer designed to teach the fundamentals of football. Boys and girls ages 7-14 are eligible for participation. The Youth Camp is a non-contact camp, providing a fun learning experience for all campers. Each camper receives a camp T-shirt, and should bring a lunch from home. This non-contact camp is designed to improve a child's intensity on the beginning, intermediate or advanced skill level. Fundamentals of all positions on offense and defense are taught in addition to life skills such as respect, responsibility, sportsmanship, teamwork and the importance of education. Participants are grouped based on age and skill level.

The 1 Day Better Football Camp is designed to provide younger players with a solid foundation of the fundamentals of the game. The camp is run by volunteers of the 1 Day Better coaching staff. Check-in takes place between 8:30 and 9:30AM and the camp itself runs from 9:30AM to 3:30 PM each day.

Available:

* Week Long Camp: \$30.00 for the week:

Session June 8th – 12th Campers are able to enjoy a week-long of football activities.

*A-La-Carte: \$10 per day June 8 – 12

Campers may choose the days of the week that they attend camp.

*Punt, Pass Kick competition: \$5 per competition

There will be 4 age groups (7-8, 9-10, 11-12, 13-14) for per competition.

Each winner per group, per competition will receive an award for winning .

LOCATION AND FACILITIES:

1 Day Better Football Camp is located: Start High School. (Football Stadium) if rain we will use Gymnasiums inside.

LUNCH/REFRESHMENTS:

Please pack a lunch for camper each day. However, there will be lunch available for campers. There will be hydration stations set up on the field to keep campers hydrated throughout the day.

WHAT TO BRING: Depending on the weather, all campers should wear a t-shirt, athletic shorts and cleats. Each camper will be given an official 1 Day Better Football Camp T-shirt. During the afternoon portion of camp there may be a SLIP and SLIDE for campers if weather permits, please have an extra shirt/towel available.



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LIABILITY WAIVER FORM:

We must have a signed waiver form on file for each camper. These forms are available at the registration desk. If a parent is accompanying a camper at check in, you may complete the forms at check in. **CAMPERS WILL NOT BE ABLE TO PARTICIPATE WITHOUT A SIGNED MEDICAL RELEASE FORM and A SIGNED RELEASE OF LIABILITY FORM.**

INSURANCE AND MEDICAL CARE: Professional certified trainers are available at all camp sessions. Each camper must be covered by his or her parent's medical insurance. A certified Nurse is on duty at all physical activities during the day. If your son is injured and needs to be taken to Emergency, we will attempt to contact you first. If we are unable to contact you immediately, your child's safety is our first concern and he will be taken to the proper medical facility. Please inform camp directors of any medical needs of camper that may need special attention and provide us with instructions. Please pack any medication he/she may need.

REFUND POLICY: If a player is registered for camp and is unable to attend (personal or medical), a notice of cancellation must be received **ONE WEEK** prior to the camp start date. If notification of cancellation is received before the specified time, camp fees will be refunded. If notification of cancellation is not received before the specified time, camp fees will **NOT** be refunded.



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Participant's Name (Last, First) _____

***A separate waiver is needed for each participant per camp. Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

Waiver: In consideration of being permitted to participate in any way in the 1 Day Better Football Camp that I have enrolled my child in, as listed on the Registration Form; hereinafter called "1 Day Better Football Camp", I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue 1 Day Better Football Camp, its officers, employees, the facility and agents from liability from any and all claims including the negligence of 1 Day Better Camp, its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Signature of Parent/Guardian of Minor _____ Date _____

Signature of Participant _____ Date _____

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death. I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD 1 Day Better Football Camp HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor _____ Date _____

Signature of Participant _____ Date _____ Age _____



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Positions available below: Choose only one position to focus on throughout camp. There will be a period during camp when all campers work with all position groups.

Offense

QUARTERBACKS (QB): *stance*, exchange, play action passing, setup, throwing release, follow through, and reading defenses.

RUNNING BACKS (RB): *stance*, release, ball handling, faking, cutting, blocking, and pass receiving.

WIDE RECEIVERS (WR): *stance*, release, route technique, catching, open field running, and blocking.

TIGHT ENDS (TE): *stance*, release, run and pass blocking, route technique, and catching. OFFENSIVE

LINEMEN (OL): *stance*, run blocking techniques, and pass protection techniques.

Defense

DEFENSIVE LINEMEN (DL): *stance*, keys, run reactions, pass defense, and pass rush techniques.

LINEBACKERS (LB): *stance*, keys, run reactions, pass drops, and coverages.

CORNERBACKS & SAFETIES (DB): *stance*, zone vs. man concepts, bump and run techniques, deflections, and run support.

Camp Schedule:

Monday- Thursday:

12:30pm to 1:30pm — Registration

1:00 to 1:15 — All Player Meeting

1:15 to 1:30 — 2 Laps & Stretch

1:30: to 2pm — Individual Positions

2:00 to 2:30 — Lunch (light treat)

2:30 to 2:40 — All Player Meeting

2:40 to 3:15 — 2 Laps & Stretch

3:15 to 3:45 — Group Offense/ Defense

3:45pm to 4:00 — All Player Meeting & Dismissal (HOD) highlight of the day.

Friday:

12:30pm to 1:30pm — Registration

1:00 to 1:15 — All Player Meeting

1:15 to 1:30 — 2 Laps & Stretch

1:30: to 2pm — Team Air Force Football

2:00 to 2:30 — Lunch

2:30 to 2:40 — All Player Meeting

2:40 to 3:15 — 2 Laps & Stretch

3:15 to 3:45 — Best Man! / PUNT PASS KICK

3:45pm to 4:00 — All Player Meeting & Awards