

**Football Players entering grades 3 – 9 are welcome to attend!**

*The camp is designed to provide the best training possible for aspiring young football players.*

**Camp Concentrations:**

- Proper Tackling Form
- Proper Blocking Form
- Ball Security
- Throwing & Catching
- Kicking & Punting
- 7 on 7 Touch Games
- Agility Drills
- Competitive Activities

**Contact Blocking & Tackling will not be conducted during camp!**

**All Drills and Activities follow USA Football's "Heads Up" initiative to make Youth Football Better and Safer!!**

**Our Motto:**

**FAMILY.  
SCHOOL.  
FOOTBALL.**



**Camp Director  
Dan Guyton**  
Head Football Coach  
Governor Livingston H. S.  
(908) 451-3173

**2016  
Highlander  
Football Camp**



**June 27th-30th**

**Gov. Livingston H.S.  
175 Watchung Blvd.  
Berkeley Heights, NJ  
07922**

## GO HIGHLANDERS!!

The Highlander Football Camp is designed to teach young players safe and proper Football FUNdamentals as well as instill the characteristics that make-up a Highlander. General Football rules, strategy and sportsmanship will be stressed. Being a Highlander Football player means Committing to Excellence. We take PRIDE in our Family, Academics and Athletics, in that order. Football is a way to a means. The goal is to lay the foundation for continued skill development and future success in Athletics and Life.

### **AGES**

Upcoming Grades 3 – 9

### **FEEES**

\$160 Before June 1st

\$175 After June 1<sup>st</sup>

**\*FEES INCLUDE A T-SHIRT!!**

### **CANCELLATION POLICY**

All requests for cancellations must be made in writing to the mailing address in the application. All monies paid, minus \$75 administration fee, will be refunded provided the written request is made two weeks prior to the first day of camp. No refund will be provided for cancellations made within two weeks of the first day of camp.

## CAMP SCHEDULE

**June 27th-30th**  
**(Rain Date is July 1<sup>st</sup>)**

Campers should be dropped off at the GL Football Field by 8:20am. Camp begins promptly at 8:30 AM and ends at 12:30 PM.

**8:30 - 8:50** Warm Up/Stretch  
**8:50 - 9:20** Agility Stations  
**9:20 - 9:30** Water Break/Talk  
**9:30 - 10:00** Skill Stations I  
**10:00 - 10:10** Water Break/Talk  
**10:10 - 10:40** Skill Stations II  
**10:40 - 11:25** Snack/Video  
**11:30 - 12:15** 7on 7 Games  
**12:15 - 12:30** Cool Down/Talk

### **PLEASE BRING:**

- T-Shirt & Shorts
- Cleats w/ Rubber Bottoms
- Sneakers
- Sun block
- Water Bottle
- Light Snack/Sandwich/Fruit

**\*NUT FREE, PLEASE!**

**\*Water will be provided and breaks will be offered, as needed.**

## HIGHLANDER FOOTBALL CAMP - APPLICATION FORM -

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Telephone #: \_\_\_\_\_

Emergency Telephone #: \_\_\_\_\_

Email: \_\_\_\_\_

Upcoming Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Inhaler (Y/N)? \_\_\_\_\_ Epipen (Y/N)? \_\_\_\_\_

Allergy/Med. Info? \_\_\_\_\_

**PLEASE NOTE YOUTH OR ADULT**

**T-SHIRT SIZE:** \_\_\_\_\_

*Please Check Applicable Camp Rate:*

**\$160 Before June 1st:** \_\_\_\_\_

**\$175 After June 1st:** \_\_\_\_\_

I hereby authorize the agents of The Highlander Football Camp to act for me according to his/her best judgment in any emergency requiring medical attention. I hereby release and discharge of the Berkeley Heights School District, camp staff, affiliated entities and their officers, employees from and against any and all liability or causes of actions arising out of or in connection with my or my child's participation in camp.

Parent/Guardian Name (please print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Please make checks payable to:  
**HIGHLANDER FOOTBALL CAMP**

Mail Application & Check to:  
Highlander Football Camp  
10 Commonwealth Drive  
Basking Ridge, NJ 07920