

## PHILOSOPHY

The main objective of the **Champion**



**Football Camp** is to provide young players the opportunity to learn fundamental football skills. Your child will have fun while learning skills, drills, and techniques to help him excel in the game and reach his full potential.

PLAY HARD;  
PLAY SMART;  
PLAY TOGETHER!

Our camp staff will promote concepts of hard work, dedication, and commitment toward achieving a goal. It will be a fun-filled week with new friends, a greater appreciation for the game of football, and excitement toward the upcoming season.

## REGISTRATION

\*Cost: \$90 Before April 15th  
\$100 Before July 1st  
\$110 Walk-in Registration

A deposit of \$50 (or payment in full) is required with complete application. Balance is due the first day of camp.

Checks payable to: MHS Football

**Middletown Football Camp**  
200 Schoolhouse Dr.  
Middletown, MD 21769

\*Family and hardship discounts available.  
Call Coach Ridenour for more information  
(240) 236-7532.

## FEATURES

Daily instruction from enthusiastic camp staff that emphasizes the following fundamentals of the game:

- Blocking
- Passing
- Pass Routes
- Alignment
- Reading
- Pursuit
- Ball Handling
- Pass Defense
- Run Defense
- Position Techniques
- Punting
- Kicking
- Snapping
- Receiving

## ADDITIONAL FEATURES

- Small Team Games
- Skills Contests
- Camp T-Shirt
- Team & Individual Trophies
- Players grouped by Age and Ability
- "Camper of the Day"
- Mid-morning Snack
- Daily Prize Drawings
- Pool use (after camp)
- Concessions (after camp)



## SCHEDULE

**Monday—Friday**  
**7:30—11:30 a.m.**  
**Awards Assembly**  
**Friday—10:45**

## REGISTRATION FORM

### CHAMPION FOOTBALL CAMP AT MIDDLETOWN HIGH SCHOOL

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Grade (Fall 2007): \_\_\_\_\_

T-shirt size: Youth S M L  
Adult S M L XL XXL

Partial Payment enclosed: \$ \_\_\_\_\_

Full Payment Enclosed: \$ \_\_\_\_\_

Family Discount:  \$10 each (2)  
 \$20 each (3+)

Position you want during camp (circle one). Each camper will have an offensive and defensive position.

Offense: RB QB OL REC

Defense: DL LB DE DB

\*Undecided: Daily Position Rotation

\*Very basic fundamentals given for rotation option.

## PARENTAL PERMISSION

The Medical insurance provided by MHS Sports Camps is in the form of a secondary coverage policy. This means that only those medical charges NOT covered by the family medical insurance will be covered by camp policy.

I authorize the adult camp staff to act for me according to their best judgment in a situation requiring medical attention for my child.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Medical concerns regarding your child: \_\_\_\_\_

## CAMP STAFF

The Middletown Football Camp Staff consists of MHS coaches, current players (several of which will be college athletes next year) and former MHS football players (most of which are current college players or area coaches). Our high school coaches and former players will be instructors while our current athletes will be camp counselors. Our instructors have over 80 combined years coaching experience at the high school & college levels.

Our goal is to help campers improve their skills as well as their self-esteem. Staff members will portray a high level of



enthusiasm while reinforcing the importance of strong fundamentals, hard work, goal setting skills & team chemistry.

## TYPICAL DAY

- 7:30 Warm-up / Stretch
- 7:50 Coach's Announcements
- 7:55 Skills Stations
- 8:35 Offensive Instruction
- 9:30 Team Games
- 9:45 Defensive Instruction
- 10:40 Team Games
- 11:15 Ind. Contests / Prizes
- 11:25 Wrap Up



# CHAMPION FOOTBALL CAMP

AT MIDDLETOWN HIGH SCHOOL

2006 MHS FOOTBALL  
TEAM HONORS:

- MVAL PIEDMONT CHAMPIONS
- MD 2A WEST REGION CHAMPIONS
- MD STATE SEMI FINALISTS
- ALL LEAGUE PLAYERS: 16 Players recognized on either 1st/2nd Teams, or Honorable Mention.
- ALL AREA PLAYERS: 13 Players recognized on either 1st/2nd Teams, or Honorable Mention.
- ALL STATE PLAYERS: 2 Players 1st Team; 1 Player 2nd Team; and 2 Players Honorable Mention.

Monday-Friday

**JULY 23-27**  
For boys currently in grades 2-8