



CAMP GOALS

This camp is designed to teach the youth of our community the fundamental skills and techniques of the game of football.

Area coaches, who are well regarded in the football community, will instruct young athletes in the fundamentals of the game in an enthusiastic and entertaining manner. These young athletes will learn both an offensive and defensive position through individual and group work.

The players will be categorized and grouped by size, grade, and skill level. Some of the techniques that will be covered are:

Offensive Lineman

- Stance & Starts
- Hole numbering
- Blocking techniques
- Blocking Schemes

Receivers

- Stance & Starts
- How to catch the football
- Running Routes+
- Down field blocking

Running Backs

- Stance & Starts
- Hole Numbering
- Hand-offs & Running Techniques
- Routes
- Blocking Schemes

Quarterbacks

- Stance & Starts
- Ball handling
- 3 & 5 Step drops
- Sprint out
- Option reads & Reactions

Defensive Lineman

- Stance & Starts
- Alignment, Keys
- Position Techniques
- Tackling Techniques
- Pass Responsibilities

Linebackers

- Stance & Starts
- Reaction to Keys
- Taking on Blockers
- Tackling Techniques
- Pass responsibilities

Defensive backs

- Stance & Starts
- Reading Keys
- Cover 2 & 3 Zone Principles
- Man to Man Coverage Principles
- Breaking on the Ball
- Tackling Techniques

Camp Goals Continued

Equipment Required

Each athlete should arrive Promptly, dressed in appropriate attire to include athletic shorts, T-shirt, football cleats or sneakers and ready to participate.

Location

The camp is located at the football Practice fields behind Johnson High School, which is located on Poplar Springs road

Camp Schedule

4:00 pm- Announcements and overview of the day's schedule.
 4:20 pm- Stretching: Agilities
 4:35 pm- Individual position Work .
 5:05 pm- Break
 5:35 pm- Individual Position work
 6:05 pm- Break
 6:10 pm- group work (run/pass skill)
 6:40 pm- Teams (knight Ball)
 7:15 pm- Refreshments; End



APPLICATION

Name: _____

Emergency Contact _____

Phone (Home): _____

Phone (Cell): _____

Address: _____

City: _____

State: _____ Zip: _____

Grade: _____ T-Shirt Size _____

Height: _____ Weight: _____

Football Position (circle One Each)

Offense: Line Rec. RB QB

Defense: Line LB DB

My child has permission to attend the Johnson Knight Football Camp. Registration fee is \$ 50.00. I have no knowledge of any physical condition that would limit or affect my child's participation in the Knight's camp. In the unlikely event of an injury for which my child requires medical care, I authorize the staff or the camp to act for me to obtain medical treatment that the staff deems necessary and appropriate. I consent to such treatment including but not limited to hospitalization and surgery, and I will be responsible for any medical costs or other charges in connection with attendance at the camp. I acknowledge that at the Knight Camp my child will participate in activities and drills that may involve, among other things, physical contact with other persons or objects, including the ground. Due to the nature of these activities and drills, I understand there is a risk of injury. I specifically waive, give up and release the Knight Camp. It's owners and staff from liability of claim for damages that my child or I may have incurred from injuries or illness that they may sustain at the camp.

Signature _____



AUTHORIZATION

I authorize the Johnson Knight Camp to use any photographs or articles about my child for publicity purposes. I also further agree to reimburse the Knight Camp for any damage caused by my child while attending the camp.

My child's health Insurance is covered by:

Name of Insurance Company

Policy Number

Parent Signature



Payable to: Johnson
Touchdown Club

Send to: Knights football Camp
c/o Johnson High School
3305 Poplar Springs Rd
Gainesville, GA 30507



The camp will begin at 4:00 pm and conclude no later than 7:15 pm.

Transportation to and from the camp should be arranged by the athlete.

Coach's Letter

I want to personally invite you to attend the 2009 Johnson High School Knights Football Camp. We believe great football players begin with a fundamental foundation. Position by position we will teach you the same techniques we teach our players at Johnson High School. It will also give us as high school coaches a chance to view you as an athlete. We look forward to seeing you at camp.

*Sincerely,
Paul Friel
Head Football Coach, Johnson Knights*

Information Contact:
Paul Friel at 321-223-6860
or
Mark Bellamy at 706-202-1715

JOHNSON HIGH KNIGHTS FOOTBALL CAMP

July 8th, 9th, & 10th
4:00 pm—7:00 pm



All athletes ages 8-14 will be instructed by certified coaches.

Sponsored by the JHS
Johnson Touchdown Club

