

## PURPOSE

The two primary purposes of the Cape Cod Youth Football Camp are:

1. To improve a young player's knowledge of the game of football.
2. To become better conditioned and physically ready for the upcoming season.

## TUITION

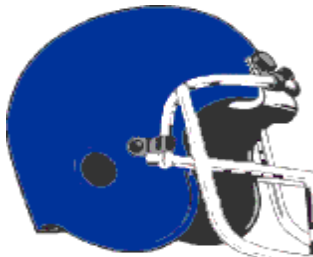
All campers will receive 13 hours of instruction, a camp T-shirt, popsicles, and motivational talks from area high school football players for a fee of \$90.00.

Checks can be made payable to: "Cape Cod Youth Football Camp" and mailed to:

Coach Spanky Demanche  
 302 Skunknet Rd.  
 Centerville, Ma. 02632  
 Phone: (508) 737-4465

**REGISTRATION** To ensure that our player to coach ratio will be no more than 12:1, we encourage applications to be in by July 25<sup>th</sup>, 2011.

Campers are asked to arrive on Monday, July 27, 2009 by 4:00 PM to pick-up their t-shirts and group assignments.



## SAMPLE SCHEDULE

4:15-4:30	Warm-up & Flexibility
4:30-5:30	Offensive Skill Sessions
5:30-5:45	Break and Speaker
5:45-6:45	Defensive Skill
6:45-7:20	Sessions Razzle-Dazzle Game
7:20-7:30	Come Together

## Format

The purpose of Cape Cod Youth Football Camp is to expose players to all aspects of the game of football rather than have them select only one position to receive instruction.



As a result each camper will be assigned to a group when they register. These groups will be age appropriate. Each group will rotate through 4 offensive stations: quarterbacks, running backs, offensive linemen & receivers. And 4 defensive stations: secondary, linebackers, ends & linemen.

The groups will complete 2 stations each day both offensively and defensively and then play a game of razzle-dazzle football.

## EQUIPMENT

Each camper will be issued a T-shirt. Shorts or sweats, sneakers or rubber-molded cleats should be worn.

## CAPE COD YOUTH FOOTBALL CAMP

I approve of my child's participation at the Cape Cod Youth Football Camp. He/She is in good health and is able to participate in camp activities. I will attach a note explaining any physical limitations and/or medications my child needs to take. I am aware that this camp is fully insured and that a certified nurse will be present during all camp activities. If an unforeseen problem occurs I can be reached at: Emergency phone number: \_\_\_\_\_

Emergency Phone number: \_\_\_\_\_

PRINT NAME of parent/guardian: \_\_\_\_\_

I authorize the Cape Cod Football Camp to request medical attention as necessary to ensure the well being of the applicant.

SIGNATURE of parent/guardian: \_\_\_\_\_

Please complete both sides

APPLICATION

last name

first name

telephone number

mailing address

city

state

zip code

(circle only one):

BOYS: S

M

L

XL

or

MENS:

S

M

L

XL

**GRADE ENTERING IN SEPTEMBER**

(circle only one):

3

4

5

6

7

8

9

Please complete both sides

Camp tuition is \$90.

Make checks payable to:  
"Cape Cod Youth Football Camp"

Additional information can be obtained  
by calling 508-237-4914

Deadline for registration is July 25, 2011.

Complete both sides of Application Form  
Mail Application & Check to:

Coach Spanky Demanche  
302 Skunknet Road  
Centerville, Ma. 02632

# CAPE COD YOUTH FOOTBALL CAMP



Monday - Thursday  
Aug 1-4, 2011  
4:15-7:30 PM

**AGES:**  
8-14

**LOCATION:**  
Barnstable High School  
Football Field  
744 West Main Street  
Hyannis, MA 02601

**Camp Directors:**  
Spanky Demanche  
Head Coach, Harwich High School

Chris Whiddon  
Head Coach, Barnstable High School