

# Barnstable Youth Football Camp

**Building Tomorrow's Champions Today**

**When: Monday July 24 – Thursday July 27, 2017**

**4:30 – 7:30 PM**

**Rain Date: Friday July 28, 2017**

**Where: Barnstable High School (Turf Field)**



**Super Bowl  
Champions – 1995,  
1999**

**League Champions –  
1995, 1999, 2002, 2009,  
2011, 2012, 2013**

**Camp Director  
Barnstable Head Football Coach  
Chris Whidden**

## Tuition

Campers will receive a T-Shirt, popsicles, and 12 hours of instruction for a fee of \$100. Checks can be made payable to "Barnstable Quarterback Club". Please complete attached registration (**both sides**) and mail with payment to:

Barnstable Quarterback Club  
P.O. Box 655  
Centerville, MA 02632

## Registration:

Registration forms will be accepted until the start of camp. In order to guarantee a t-shirt, forms must be submitted by Saturday, July 15, 2017.

Any additional information can be obtained by calling 607-423-5458 or by emailing coachwhidden@gmail.com



### Registration Form (Complete Both Sides)

Last name

first name

telephone #

Mailing address

City

State

Zip

Youth: S M L XL Mens: S M L XL 3 4 5 6 7 8 9

T-Shirt size (Circle One)

Grade in September 2017

## Barnstable Youth Football Camp

I approve of my child's participation in the Barnstable Youth Football Camp. S/He is in good health and is able to participate in camp activities. I will attach a note to explain any physical limitations or medications for my child. I am aware that this camp is insured and a certified athletic trainer will be on site. If an unforeseen problem occurs I can be reached at an emergency phone number

Emergency Phone Number: \_\_\_\_\_

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

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Complete Both Sides

## Mission

The mission of this camp is to teach and improve the fundamental skills of the game of football to future Red Raider football players in a caring and supportive environment. The young athletes will be coached by current varsity coaches, along with current and former varsity players. Our instructors are committed to sharing with athletes the discipline, perseverance and dedication needed to achieve one's maximum potential. A low camper to coach ratio will ensure that each camper receives the individual attention they require.



## Daily Schedule

4:00–4:15 – Dynamic Flexibility Warm Up  
4:15–4:40 – Offensive Skill Session #1  
4:40–5:05 - Offensive Skill Session #2  
5:05–5:20 – Break  
5:20–5:45 – Defensive Skill Session #1  
5:45–6:10 - Defensive Skill Session #2  
6:10–6:50 – Razzle Dazzle  
6:50–7:00 – Wrap Up (Guest Speaker)

Campers are asked to arrive early on day 1 in order to receive their camp t-shirt

## Camp Format

The purpose of this football camp is to expose all players to every position. Each camper will be put in an age appropriate group and have the opportunity to practice 4 offensive positions (lineman, wide receiver, running back, quarterback) and 4 defensive positions (secondary, linebacker, lineman, end/outside linebacker)

## Equipment

Each camper will be issued a camp T-shirt on the first day. No pads are necessary. Campers should wear shorts or sweat pants, t-shirt, and cleats or sneakers.