



5TH ANNUAL HAWTHORNE CUBS

FOOTBALL MINI-CAMP

July 14th, 15th and 16th

(Tuesday-Wednesday-Thursday)

5:30-8:00 pm each evening

ALL SESSIONS HELD AT:

CUBS FRANKLIN FIELD

Franklin Avenue, Hawthorne

(next to Hawthorne Boys and Girls Club)

For Hawthorne residents entering Grades 2-8

The Hawthorne Cubs Junior Football Mini-Camp is designed to teach football fundamentals to youngsters in a friendly, fun atmosphere with an emphasis on teaching basic skills but also supporting more advanced athletes.

Camp Details

Camp tuition is \$30.00. Registrations received after June 30th are \$35.00. Insurance is provided for all registrants; Camp T-Shirt and giveaways are only guaranteed for registrations received by 6/30

This is a **non-contact football camp**. Players should wear athletic shorts, cleats, a comfortable T-shirt, and bring a small towel for themselves. Drinks are available at the snackstand.

Guest speakers. On-site trainer for entire camp. Special instruction on running mechanics and drills to enhance speed

Eligible attendees: Hawthorne residents entering 2nd through 8th grades (as of September 2009)

Coaching staff is comprised of Cubs coaches and selected guest instructors. Low player to coach ratio results in more focused attention to each player

Players will be divided into the following age groups:

Grades 2-4 (Pee Wee)

Grades 5-6 (Junior)

Grades 7-8 (Senior)

APPLICATION 'EARLY BIRD' DEADLINE: JUNE 30, 2009 (\$30)

APPLICATIONS RECEIVED AFTER JUNE 30: \$35

MAKE CHECK PAYABLE TO 'HAWTHORNE CUBS'. RETURN APPLICATION TO:

HAWTHORNE CUBS PO BOX 114 HAWTHORNE, NJ 07507

Or

Drop off at The Franklin Field snackstand during JD Baseball game.
(games held most weekday nights and Saturdays)

Goals of the Camp:

Teach/improve player fundamentals Improve self-confidence and esteem

Have FUN, FUN, FUN!!!!

CAMP APPLICATIONS RECEIVED AFTER JUNE 30 ARE NOT GUARANTEED A CAMP T-SHIRT OR ANY OTHER GIVEAWAYS. PLEASE NOTIFY YOUR CHILD.

HAWTHORNE CUBS MINI-CAMP APPLICATION

Name: _____ Date of Birth _____

Grade in September 2009: _____ (*only children entering grades 2 through 8 are eligible to attend*)

T-Shirt Size (circle one): Adult: Small Medium Large X-Large Youth: Small Medium Large

Address: _____ City, State, ZIP: _____

e-mail address (important for timely updates): _____

Phone Number(s): _____ Cell Phone Number(s): _____

WAIVER AND RELEASE

I hereby give my consent and approval for participation in the Hawthorne Cubs Football Mini-camp by the named applicant. I attest that I am the legal guardian or parent of the child named in the application. Further, by signing below, I do hereby waive, release and forever discharge the Hawthorne Cubs Football Association, its staff and personnel, officers, agents, representatives, or vendors from any and all claims for damages resulting from an accident, injury, loss of personal property or well-being during the stated camp, including results from activities to or from the camp and location. AS PARENT/GUARDIAN OF THE CHILD NAMED IN THE APPLICATION, I HEREBY AUTHORIZE THE COACHES AND/OR STAFF TO ACT ON MY BEHALF SHOULD I BE UNAVAILABLE TO GIVE CONSENT FOR MEDICAL TREATMENT, INCLUDING EMERGENCY TREATMENT. I FURTHER RELEASE THE HAWTHORNE CUBS FROM ANY LIABILITY WHATSOEVER ARISING FROM EXERCISE OF AUTHORITY GIVEN HERE.

HAS THE CAMPER BEEN PROPERLY IMMUNIZED? Y__ N__ ARE YOU AWARE OF ANY PHYSICAL OR EMOTIONAL CONDITIONS THAT MIGHT IMPACT THE CAMPER'S ABILITIES OR HEALTH IN PERFORMANCE? Y__ N__ If Yes, please describe below:

Parent/Guardian Signature: _____ Print Name: _____

The Cubs Mini-Camp features:

Position-specific instruction on techniques for:
Offensive and Defensive Linemen
Linebackers and Defensive Backs
Offensive Backs, Quarterbacks, and Receivers

Review of speed drills and running techniques
Skills-related contests (by age)

CAMP CO-DIRECTORS:

**Paul Charles
Chris Deitrich**



FOR MORE INFORMATION OR QUESTIONS, CONTACT:

Paul Charles at 973-583-7653 or
Chris Deitrich at 201-424-7952
or hawthornecubs@yahoo.com