

Football Special Teams Camp Signup sheet (July 12-13)

Deposit \$50 to reserve spot (Remaining \$125)

Overall Total \$175 payment (Camp Itinerary Page 2)

To be printed and filled out and then mailed to:

Steve Campbell
PO Box 548 MGCCC
Perkinston, MS 39573



Full Name _____

Address _____ Phone number _____

City _____ state ____ zip _____

High School _____

Grade entering _____ **Position:** (Circle) Kicker Punter Kicker/Punter Long Snapper

Parent's Name _____ Parent's Phone _____

Allergies/Medical condition we need to be aware of _____

All participants are responsible for their own medical/accident coverage. The camp provides only excess accident coverage (does not cover deductibles) after your insurance has been utilized. Participants will not be allowed to participate unless the following information is submitted and the form is signed by their parent/guardian.

Participants Insurance Company _____

Insurance company address _____

Policy holder _____ Policy # _____

I/We the undersigned certify that I/we are the parent(s) or legal guardian(s) of the camp participant. I/We hereby give permission for the camp staff to seek appropriate medical attention for the camper in the event of an accident, injury or illness. I/we will be responsible for any and all costs of medical attention and treatment. I/We the undersigned for ourselves, our heirs, executors and administrators waive, release and discharge MGCCC and its staff, officers, agents, employees, representatives, successors, and assigns of and from all rights and claims for damages, injury or loss to person or property which may be sustained or occur during participating in camp activities or while at camp, whether or not damages, injury or loss is due to negligence. I/We hereby acknowledge that our child is physically fit and mentally capable of participating in camp activities.

Gulf Coast Special Teams Camp Timeline & Items (July 12-13)

Itinerary

Friday, July 12, 2013 (Kickers, Punters and Long Snappers)

- 12pm-1:30pm - Check In/Registration (Campers will check into Andrews Hall)
 - **Players receive MGCCC T-Shirt**
- 1:45pm-1:50pm - Welcome/Introduction in locker room (MGCCC Head Coach Campbell)
 - **Parents and Coaches are welcome to stay throughout sessions**
- 1:50pm-2:00pm - Team Jackson Kicking Intro and Group Goals
 - **Players will discuss obtaining goals with their coaches**
- 2:00pm-2:15pm - Group Warm Up/Stretch

- 2:15pm-4:15pm - Drill Work – **Coach DEMO**(Lift, No-Step, One-Step, Chalk Drills)
 - **Players split into groups with your coach**
- 5:00pm-6:00pm - Dinner

- 6:30pm-9:00pm - Drill Work/Live Situations – **Coach DEMO** (Review, Full Step, Live Situations)
 - **Work Kickoffs and any Crossovers (If interest in alternate position)**
- 9:00pm-10:00pm - Video/Film session

- 10:30pm - LIGHTS OUT!

Saturday, July 13, 2013

- 7:00am-8:00am - Breakfast

- 8:30am-9:30pm - Group Warm Up/Stretch and Review
 - **10th – 12th grade campers will warm up for Competition**
 - **7th – 9th grade campers will review with Coaches**
- 9:30am-11:30am - Competition on FG's, KOFF's, PUNTS, and SNAPS
 - **Players will have 4 reps in competition (FG, KOFF, PUNT, SNAPS)**
 - **If a tie, then sudden death till winner**
- 11:30am-11:45am - Camp Ends/Players receive Coach's Evaluation Sheet
 - **MAKE SURE DORMS ARE CLEANED OUT**

ITEMS TO BRING TO CAMP

- Bathroom Items/Towels**
- Sheets/Pillow**
- Sneakers/Running shoes**
- Kicking/Football Cleats**
- 2 Footballs (Mark with your Initials or High School)**
- Field Goal TEE, BLOCK, HOLDER**
- Kickoff TEE**
- Sunscreen/Bug spray**
- Water Bottle**
- 3 pair of workout clothes**

