

## ABOUT THE CAMP

The Purple and Gold Youth Camp is a three-day camp designed to provide younger players with an understanding of the fundamentals of the game of football: catching, running, blocking, kicking, and tackling. The camp is a non-contact camp including drills, competitions, games and much more. We look to provide a fun experience for campers of all ages and skill levels.



Each camper will receive a camp t-shirt, unlimited Gatorade breaks, and dinner at the end of each day of camp.



## SPONSORS



SPORTS PERFORMANCE TRAINING

# 6<sup>TH</sup> ANNUAL



Tues July 7 - Thurs July 9

5:00pm - 8:30pm  
Valencia High School  
Ages 8-14



Contact:  
(661) 294-1188 ext.714  
[www.valenciavikings.com/football](http://www.valenciavikings.com/football)  
[bcarnold@hartdistrict.org](mailto:bcarnold@hartdistrict.org)

## CAMP SCHEDULE

### Tuesday, July 7

4:45-5:00- Registration/Check-in  
 5:00-5:10- Welcome- Coach Muir  
 5:10-5:25- Stretch/Agilities  
 5:25-6:25- Defensive Training  
 6:25-6:30- Break  
 6:30-7:30- Offensive Training  
 7:30-8:00- Former Vikings Visit  
 8:00-8:10- Wrap-up/Announcements  
 8:10-8:30- Dinner

### Wednesday, July 8

5:00-5:10- Coach Muir  
 5:10-5:25- Stretch/Agilities  
 5:25-6:25- Offensive Training  
 6:25-6:30- Break  
 6:30-7:30- Defensive Training  
 7:30-8:00- Kicking Demonstration  
 8:00-8:10- Wrap-up/Announcements  
 8:10-8:30- Dinner

### Thursday, July 9

5:00-5:10- Coach Muir  
 5:10-5:25- Stretch/Agilities  
 5:25-5:45- Review Offense  
 5:45-5:50- Break  
 5:50-6:10- Review Defense  
 6:10-8:10- 7 on 7 Tournament  
 8:10-8:20- Final Wrap-up/Awards  
 8:20-8:40- Dinner

**\*\*Schedule is Subject to Change\*\***

## CAMPER INFORMATION

1. Make check or money order payable to: "**Valencia Football**"
2. Send this registration form with your payment of \$120 to:

*Purple & Gold Football Camp  
 P.O. Box 55567  
 Valencia, CA 91355*

Phone: 661-294-1188 x714 Fax: 661-294-3666  
 E-mail: bcarnold@hartdistrict.org

|                              |        |     |
|------------------------------|--------|-----|
| Camper Name                  | Gender | Age |
| Address                      |        |     |
| City                         |        | Zip |
| School Attending in Fall '09 |        |     |
| Phone                        |        |     |
| Email                        |        |     |
| Emergency Contact Name       |        |     |
| Emergency Contact Phone      |        |     |

T-Shirt Size:     Youth Medium     Youth Large  
 Adult Small     Adult Medium     Adult Large

### Camper Participation Waiver

There are risks connected with my participation in this Purple & Gold Youth Football Camp. I release and discharge The Purple & Gold Youth Football Camp, the workers, officers, directors, and sponsors from all actions, suits, and demands whatsoever in law and equity including, but not limited to, the risk of injury from playing in the tournament and the loss of personal property by theft or otherwise. Although first aid will be available on-site, I understand that I must provide my own medical insurance. Signature also releases photos of your child for future advertisements. Signatures on this form signify each person has read, understands, and abides by this information.

X \_\_\_\_\_  
 Parent or Legal Guardian Signature

## SKILLS & DRILLS

The camp stresses skill development in many areas using daily position-specific coaching in each of the following areas:

### OFFENSE

- Quarterback- throwing mechanics, drills, footwork
- Wide Receiver- stance, catching mechanics, routes
- Running Back- handoffs, drills, footwork
- Offensive Line- stance, run and pass blocking drills

### DEFENSE

- Defensive Back- footwork, tackling, coverage concepts
- Linebacker- footwork, read drills, tackling
- Defensive Line- stance, pass rush, tackling

### SPECIAL TEAMS

- Kickoff, Punt, Field Goal Kicking- proper steps and technique

