

Registration Form

Name: _____
Address: _____

City, State, Zip: _____
Parent(s)/ Guardian(s): _____

Phone: (H) _____
(Cell) _____
(Work) _____
Email: _____
Emergency Contact: _____

Emergency Phone: _____
Relation to Camper: _____
Grade Level in Fall: _____
School: _____
Age: _____ Ht: _____ Wt: _____
Off. Pos.: _____ Def. Pos.: _____
T-Shirt Size (Circle): Youth-Medium Youth-Large Youth-XL
M L XL XXL

Waiver Form

Since all campers are minors, this waiver form must be signed by the child's parent or legal guardian.

Statement

I understand that Madison La Follette High School, its staff and employees, and the Lancer Youth Football Camp Staff are not responsible for any accident or injury occurring to

_____ while attending camp.

(Camper's Name)

(Parent/ Guardian Signature & Date)

Any medical conditions which our staff should be made aware? _____

HMO: _____

HMO Phone #: _____

HMO ID #: _____

Send Application and Payment to:

Scott Swanson - Head Football Coach

La Follette High School

702 Pflaum Road

Madison, WI 53716

Make Checks Payable to: La Follette High School

Youth Football Camp Scott Swanson -
Head Football Coach La Follette High
School 702 Pflaum Road Madison, WI,
53716

2017

Madison La Follette



LANCER FOOTBALL YOUTH CAMP

July 10th- July 12th

5:00 pm-8:00 pm

**La Follette Football
Practice Fields**

Grades 4th-9th

**“Building the
Fundamentals and
Lancer Pride.”**

Camp Philosophy

The camp philosophy is to provide solid fundamental football skills in a non-contact atmosphere. Our focus is to instruct each camper so they are exposed to the basics of the sport of football. We envision each camper to reach their fullest potential and enjoy the rewards that the sport of football has to offer.

Instruction in weight training, running techniques, flexibility exercises, and special skills are emphasized.

Lessons on sportsmanship, leadership, and citizenship will be included throughout the camp. Participants will receive an evaluation of their performance at the end of the camp session.



Camp Staff

The camp staff consists of dedicated coaches and former athletes from the Madison La Follette Football Program. Additionally, current Sophomore, Junior, and Senior Lancer football players assist as camp counselors to provide additional instruction and support for the youth camper.

Camp Instruction

Each athlete will specialize in a particular position with the emphasis on the following techniques:

Quarterbacks: Leadership, ball handling, passing, offensive strategy.

Running Backs: Ball carrying, faking, blocking, pass receiving.

Receivers: Releases, patterns and routes, receiving, ball carrying, and blocking.

Defensive Backs: Tackling, keys and reads, pass defense (zone or man-to-man).

Offensive Linemen: Stance, explosion, pulling, trapping, blocking (pass protection, reach, and double teams).

Defensive Linemen: Stance, reads, slant techniques, pass rushing, tackling.

Linebackers: Stance, keys and reads, reaction, tackling, and blitzing.

Defensive Ends: Stance, pass rushing, contains, and tackling.

Every camper will be instructed in quickness, agilities, flexibility, and proper running techniques.

This is a non-contact camp. Campers will use bags and shields when contact is to be made.

Camp Equipment

All campers should wear shorts and t-shirts. Cleats are recommended but not required. Campers should also bring tennis shoes, as camp will be moved indoors in the event of inclement weather. Mouth guards must be worn and will be provided by the La Follette Youth Football Camp Staff.

Camp Cost

The cost of camp is \$50.00 payable to:

La Follette High School

(Registration form on other side of brochure)

Every camper will receive a camp t-shirt, mouth guard and a snack after each practice.

Registration should be sent to:

Scott Swanson- Head Football Coach

La Follette High School

702 Pflaum Road

Madison, WI 53716

Checks Payable to:

La Follette High School

Please register early to ensure proper t-shirt size.

Camp Eligibility

The Lancer Youth Football Camp is intended for students entering grades 4th-9th (as of Fall 2017). Campers do not have to be in the La Follette attendance area to participate. All youth football players are encouraged and welcomed to attend!

