

2019 PALMER RIDGE FOOTBALL CUB CLUB

YOUTH CHARACTER AND FOOTBALL SKILLS CAMP
4 DAYS: Monday, July 29th to Thursday, August 1st!

Open to students going into 3rd - 8th grade

Camp will run from 8:30 am to 11:00 am each day, with registration starting at 8:15 am
3rd-5th graders will practice together; 6th -8th graders will practice together

PALMER RIDGE HIGH SCHOOL
COST \$100.00

PARTICIPANTS WILL RECEIVE

One Palmer Ridge Football Jersey
FREE ADMISSION TO FIRST HOME
PALMER RIDGE FOOTBALL GAME
When they wear their Jersey (*with paid adult)

Name _____ Age ____ Grade Next Fall ____ Jersey size _____
Small / Medium / Large
Parent(s) _____ Phone # _____ Cell _____
Address _____ City _____ Zip _____
Email Address _____

I understand that the above name participant will be participating in physical activities. I hereby confirm that he/she has no physical impairments which could cause increased risk in injury due to participation in physical activities. Additionally I hereby AUTHORIZE the officials of CUB CLUB FOOTBALL CAMP to act for me in their best judgment in any emergency requiring medical attention and hereby release any CUB CLUB FOOTBALL CAMP WORKER of all liability for any illness or injury incurred by the above name participating while at camp.

Parent/Guardian Signature _____ Date _____

Parents are invited to watch any practice

*For more information, or for a copy of the flyer, please visit www.palmeridgefootball.com

Football skills: fundamentals of throwing, catching, blocking, and tackling will be taught by Palmer Ridge coaches and players.

Equipment needed: gym shoes, shorts, and a t-shirt.

Optional equipment: cleats and a labeled water bottle.

**for more information, go to our team website www.palmeridgefootball.com

Please Send Forms & Money To:

Palmer Ridge High School
Attn: Football / Coach Pulford
19255 Monument Hill Road
Monument, CO 80132

*Make checks payable to Palmer Ridge High School