

# 2019 PALMER RIDGE FOOTBALL CUB CLUB

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

Open to students going into 3<sup>rd</sup> - 8<sup>th</sup> grade

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

PALMER RIDGE HIGH SCHOOL  
COST \$100.00

## PARTICIPANTS WILL RECEIVE

One Palmer Ridge Football Jersey  
FREE ADMISSION TO HOME  
PALMER RIDGE FOOTBALL GAMES  
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](http://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](http://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