



2019
NOR-CAL SKILLS CAMP
MUSTANG FOOTBALL
SUMMER DEVELOPMENT CAMP

June 1 – July 6
Daily 8am – 12pm

Camp includes:
Passing League practices and Varsity tournaments – TBA
Off July 4th & 5th

Freshman & JV times – Daily 8am-11am (subject to change)

COST: \$150 (Only Serious Football Players recommended – Non-refundable fee)

SKILLS TO BE COVERED: **Strength Training**
 Speed & Agility Development
 Football Skill Development

WHERE: MONTEREY TRAIL HIGH SCHOOL
(Passing League practices and tournaments – TBA)

DRESS: Athletic shoes, cleats, T-shirt and shorts

COST: \$150.00 Make checks payable to:
Nor-Cal Skills Camp

REGISTRATION: **Student-Athletes are responsible for:**
 Signing up with Coaches
 Picking up registration form
 Making sure registration form is complete including parent signature.

Registration & \$150 fee must be turned in before physically participating **June 1.*

TO BE COMPLETED BY PARENTS/GUARDIANS:

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Where: Monterey Trail High School

Enclosed is the registration fee of \$150.00 (Non-refundable fee)

MAKE CHECKS PAYABLE TO: Nor-Cal Skills Camp

Student's Name _____ **ID#:** _____ **Upcoming Grade:** _____

Parent's/Guardian's Name(s): _____

Street Address: _____ **City:** _____ **State:** _____

Zip Code: _____ **Home Ph#:** _____ **Emergency Ph#:** _____

PARTICIPANT MEDICAL INFORMATION AND RELEASE:

I give permission for my son/daughter to participate in this program and certify that to the best of my knowledge and belief, he/she is in good physical condition and hereby release the Elk Grove Unified School District & Nor-Cal Skills Camp of any liability. I understand that the district takes appropriate steps to protect my child from injury but DOES NOT provide accident medical insurance for this program.

Signature of Parent or Guardian: _____ **Date:** _____