

FOOTBALL PLAYERS
ENTERING GRADES 1-9 ARE
WELCOME!

ALL CAMPERS WILL BE GROUPS
ACCORDING TO AGE

INCOMING 9TH GRADERS WILL
NOT PARTICPATE WITH ANY
OTHER GRADE

CAMP CONCENTRATIONS:

- PROPER TACKLING FORM
- PROPER BLOCKING FORM
- BALL SECURITY
- THROWING AND CATCHING
- KICKING AND PUNTING
- ULTIMATE FOOTBALL TOUCH GAMES
- AGILITY DRILLS
- COMPETITIVE ACTIVITES

**CONTACT BLOCKING AND TACKLING
WILL NOT BE CONDUCTED DURING
CAMP!**

RAIDER FOOTBALL



Camp Director:

Mark Ciccotelli
Head Varsity Football Coach
Scotch Plains-Fanwood
High School

Any questions please contact via email:

mciccotelli@spfk12.org or
brucemdfs@yahoo.com

SCOTCH PLAINS- FANWOOD P.A.L. 2017 RAIDER FOOTBALL CAMP



**LOCATION: SCOTCH PLAINS-
FANWOOD HIGH SCHOOL**

**DATE: MONDAY JUNE 26TH-
THURSDAY JUNE 29TH
*RAIN DATE MAKE-UP FRIDAY
JUNE 30TH**

CAMP STAFF FEATURES THE SPFHS
COACHING STAFF, P.A.L. YOUTH
COACHES AND CURRENT HIGH
SCHOOL PLAYERS

GO RAIDERS!!

The SPFHS Varsity Football Program takes great pride in working hand in hand with the Scotch Plains P.A.L. program!

Both organizations are committed to the betterment of athletics and the community of Scotch Plains-Fanwood!

The Scotch Plains-Fanwood P.A.L. Raider Football Camp is designed to teach the fundamentals of football and a love for the game.

General football rules, strategy and sportsmanship will be stressed.

We take pride in teaching our athletes the importance of hard work, responsibility and competition.

We believe these skills translate into future success in athletics, but more importantly, in life.

Ages: upcoming grades 1-9

Fee: \$130

*fee includes a camp T-shirt

COPS FOR KIDS!!

REQUIRED ITEMS

- T-shirt
- Cleats or Sneakers
- Socks
- Also suggested: Hat and Sun Screen

CAMP SCHEDULE

Campers should be dropped off and checked in by parent/guardian at 8:45AM at the varsity football field.(Campers will be picked up by a parent/guardian at the same location) Camp will begin promptly at 9:00AM

9:00-9:20 – Warm up/stretch

9:20-9:25 – Water Break

9:25-9:55 – Agility Stations

9:55-10:05 – Water Break/Talk

10:05-10:35 – Skill Stations/Offense

10:35-10:45 – Water Break/Talk

10:45-11:15 – Skill Stations/Defense

11:15-11:25 - Water Break/Talk

11:25-12:15 – Ultimate Football

12:15-12:30 – Cool Down

*All campers will receive instruction in all offensive and defensive positions. We believe all football players should learn how to catch a football, throw a football, get in a three-point stance, etc.

PAL RAIDER FOOTBALL CAMP Application Form

NAME: _____

AGE: _____ DOB: _____

GRADE IN SEPTEMBER 2016 _____

ADDRESS: _____

CITY: _____

HOME PHONE: _____

CELL PHONE: _____

EMAIL: _____

Shirt size (circle one):

(YL) (AS) (AM) (AL) (XL) (XXL)

CHECKS PAYABLE TO: MARK CICCOTELLI

____I do hereby give my child (ward) permission to participate in all activities in the SPF PAL

Football Camp. I do hereby waive, release and discharge Scotch Plains Fanwood High School and SPF PAL Football Staff of any rights to claim damages resulting in an injury to persons or property that may be sustained or suffered by my child in connection with or participation in or arising out his/her traveling to and from the Scotch Plains Fanwood Football Camp. I agree to the above waiver and join herein.

AMOUNT RECEIVED: _____

CHECK: _____ CASH: _____

PARENTS/ GUARDIAN

NAME _____

PARENT

SIGNATURE: _____

ALL APPLICATIONS ARE TO BE MAILED TO:

SPFHS

ATTN: MARK CICCOTELLI

667 WESTFIELD ROAD

SCOTCH PLAINS, NJ 07076

MUST BE RECEIVED BY 6/20