

FOOTBALL PLAYERS  
ENTERING GRADES 1-9 ARE  
WELCOME!

ALL CAMPERS WILL BE GROUPS  
ACCORDING TO AGE

INCOMING 9<sup>TH</sup> 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](mailto:mciccotelli@spfk12.org) or  
[brucemdfs@yahoo.com](mailto:brucemdfs@yahoo.com)

# SCOTCH PLAINS- FANWOOD

## P.A.L.

### 2018 RAIDER FOOTBALL CAMP

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

**DATE: MONDAY JUNE 25TH-  
THURSDAY JUNE 28<sup>TH</sup>  
\*RAIN DATE MAKE-UP FRIDAY  
JUNE 29<sup>TH</sup>**

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

# **GO RAIDERS!!**

**The SPFH 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:**

**SPFH**

**ATTN: MARK CICCOTELLI**

**667 WESTFIELD ROAD**

**SCOTCH PLAINS, NJ 07076**

**MUST BE RECEIVED BY 6/20**