

KNIGHT FOOTBALL

PURPOSE

To help you become the best possible football player that you can be.

To teach sound fundamentals that can be used in any football program.

Campers will also spend time learning proper weight training techniques.

AGE GROUPS

The camp is open to any boy who will be entering the 5th, 6th, 7th, 8th or 9th grade in the fall of 2008. As much as possible, the participants will be divided into groups according to age and ability during instruction.

LOCATION

The camp will be conducted at St. Francis de Sales High School, utilizing the school's athletic facilities.

STAFF

The camp will be conducted by head coach Dick Cromwell and the St. Francis de Sales football staff. In his 24 years at St. Francis, Coach Cromwell has posted an impressive 192-78-1 record, which includes 13 state play-off berths. In 1984, Coach Cromwell led the Knights to their first Division I State Championship. The 1992, 1993, 1995, 1997, 1998, 1999, 2001, 2002, 2003, and 2004 Knights were City League Champs, as well as Regional Runners-up in 1995 and 1997. The Knights were State Playoff participants in 1999, 2000, and 2003. The 2002 Knights were Regional Champs. The 2001 Knights were Regional Champs and Division II State Champions.

SESSIONS

Camp will be held Monday, July 21 through Thursday, July 24, from 8:30 a.m until 12:00 noon. The cost is \$50.00.

REGISTRATION

The athletes will register on the first day of camp, one half hour before the camp begins.

EQUIPMENT

Tennis or turf shoes, gym shorts, socks, swim suit and towel.

INSURANCE

Each participant should have his own medical insurance. Neither the camp nor St. Francis will carry any policies covering young men participating.

MEDICAL POLICY

Though there will be minimal physical contact, there is always the possibility of injury. Any serious injuries will be referred to the parents and their family doctor. The staff will attend to minor injuries only.

EMERGENCIES

The attached medical release will allow a doctor to treat the athlete in the event a parent or guardian isn't available to give consent for treatment.

PHYSICALS

No physical is required. However, we recommend that parents use their judgment about the health of their sons.

QUESTIONS?

Please call Coach Cromwell at St. Francis 419 531-1618 or at home 419 531-8176.

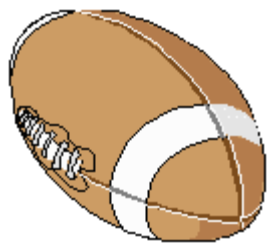
MEDICAL EMERGENCY FORM

I give my consent and approval for my son _____ to participate in the Knight Football Camp. I certify that he is physically fit to take part in the activities of camp. I have adequate medical insurance for medical expenses that may result from any injury sustained while he is participating in the camp activities. I agree not to hold St. Francis de Sales High School or any individual from the school or the camp staff members responsible for such expenses.

I authorize emergency medical treatment for my son in the event he needs such treatment and I am unavailable to give consent.

Signed _____ Date _____

Emergency phone numbers: Home _____ Work _____



St. Francis deSales High School

2008 FOOTBALL CAMP

Grades 5-9

July 21-24

8:30 a.m.-12:00 noon

A Tradition of Excellence

Toledo City League Champs

1986, 1988, 1992, 1993, 1995,
1997, 1998, 1999, 2001, 2002, 2003, 2004

Regional Champs

2002

Ohio Division II

1982: State Runner-Up

2001: State Champion

Ohio Division I

1984: State Champion

St. Francis de Sales High School
2323 W. Bancroft Street
Toledo, OH 43607

REGISTRATION FORM

Name _____ Grade in fall 2008 _____ Grade School _____

Address _____ City, State, ZIP _____

Height _____ Weight _____

Adult Shirt Size S M L XL

Enclosed is \$50 camp fee

MAKE CHECKS PAYABLE TO: Dick Cromwell

MAIL TO: Dick Cromwell
c/o St. Francis de Sales High School

2323 W. Bancroft Street
Toledo, OH 43607-1399