

I hereby authorize the director and coaches of the Cascia Hall Football Camps to act for me according to their best judgment in any emergency requiring medical attention. I hereby grant permission for my son to participate in the camp and acknowledge that he is physically able to participate in all activities. I hereby waive and release Cascia Hall High School and all camp personnel from any liability for any injuries or illness incurred while at camp.

Print son's name:

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Parent Signature:

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Date: \_\_\_\_\_



Cascia Hall – Home of the Champions!



The camps will be under the instruction of the Cascia varsity coaching staff.



Players will be instructed in proper football techniques.

2017  
**Cascia Hall  
Commando  
Football  
Camps**



*“Champions Play Commando Football”*

**Commando Padded Football Camp**

June 12 - June 16

**Commando Non-Padded Camp**

June 26 – June 30

**Championship QB/Receiver School**

July 10 – July 13

Players from any school may attend the football camps.

## ***Camp Descriptions***

### **Commando Padded Football Camp**

(Helmets and shoulder pads only)

**Dates:** June 12-16 (M-F), 9:00 am - Noon

**Cost:** \$165

**Ages:** Grades 5<sup>th</sup>- 9<sup>th</sup>

The 18<sup>th</sup> annual Commando Football Camp is a week-long **contact** camp. The camp is intended to teach fundamentals of offense, defense, and special teams that can be applied tackle football. Each camper will be assigned a team and compete in competitive games each day. Speed and strength testing will also take place as well as a punt, pass, and kick competition.

### **Commando Non-Padded Camp**

**Dates:** June 26-June 30 (M-F), 9:00 am – Noon

**Cost:** \$165

**Ages:** Grades 2<sup>nd</sup> – 6<sup>th</sup>

The 18<sup>th</sup> annual Commando Football Camp is a week-long **non-contact** camp. The camp is intended to teach fundamentals of offense, defense, and special teams that can be applied in both flag and tackle football. Each camper will be assigned a team and compete in competitive games each day. Speed testing will also take place as well as a punt, pass, and kick competition.

### **Championship QB/Receiver School**

**Dates:** July 10-13 (M-TH), 9:00 am – 11:00 am

**Cost:** \$120

**Ages:** Grades 6<sup>th</sup> – 12<sup>th</sup>

The Championship Quarterback and Receiver School will teach middle and high school football players the techniques and philosophy of the modern passing game that are essential for a successful season. The camp is **non-contact** and includes players that play tight end. Chalk-talk sessions, leadership training, and video review will be conducted at the camp.

## ***Where***

The camp will be held at Ray Siegfried Stadium on the campus of Cascia Hall High School located at:

2520 South Yorktown Avenue.

## ***Instructors***

Each camp will be under the direction of head coach Joe Medina and the Cascia Hall football staff. Current and former college players will assist with the camps.

## ***Cost Information***

- Make checks payable to

### **Cascia Hall Football**

- There will be a \$30.00 cancellation fee.
- Multi-camp discount (if pre-paid only)

Two camps - \$10.00 discount

Three camps - \$20.00 discount

## ***What to bring***

Athletic shorts, T-shirt, and athletic shoes. Football cleats are recommended. Helmets mouth pieces, and shoulder pads are required for the contact camps. **Only Cascia Hall players can check-out helmets and shoulder pads from Coach Medina for contact camps.**

## **Registration Form – Please Print**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email \_\_\_\_\_

Age: \_\_\_\_\_ Grade in Sept. 2017: \_\_\_\_\_

School you will attend in 2017: \_\_\_\_\_

T-Shirt Size (adult or youth) \_\_\_\_\_ Position \_\_\_\_\_

In case of emergency call: \_\_\_\_\_

Father's daytime phone: \_\_\_\_\_

Mother's daytime phone: \_\_\_\_\_

### **Camp selections and prices**

- Commando Padded Football Camp  
June 12-16, \$165.00, Grades 5<sup>th</sup> – 9<sup>th</sup>
- Commando Non- Padded Football Camp  
June 26-June 30, \$165.00, Grades 2<sup>nd</sup>- 6<sup>th</sup>
- Championship QB/Receiver School  
July 10-13, \$120.00, Grades 6<sup>th</sup> – 12<sup>th</sup>

**Please cut and mail to:  
Cascia Hall Football Camps  
2520 S. Yorktown Ave  
Tulsa, OK, 74114**

If you have any further questions or would like individual instruction, please call head football coach Joe Medina (918) 746-2612

**\*\* Please complete wavier form on reverse side\*\***