



CAPITAL FOOTBALL CAMP

A non-contact camp designed to instruct current and future Capital High football players in proper technique, to implement base offensive and defensive packages and to build a foundation for the Gold Beach Team Contact Camp and summer program. All athletes considering playing football in the fall should attend this camp.

CAMP INFORMATION:

DATES: MAY 21-24 (Monday-Thursday)
LOCATION: Capital High Football Field
TIMES: 3:15-5:30pm
TUITION: This camp is included in the Summer Program fee of \$200.00. If you are not going to Gold Beach your summer fee is \$75.00. ***Please make checks payable to Capital High School***
*If you participated in the fundraiser, your fee may be less.
 See Coach Simis.*

REGISTRATION: Please mail registrations for both camps to:

Capital High Football
 c/o Todd Simis
 8055 Goddard Road
 Boise, Id. 83704

(please pre-register)

EQUIPMENT: Athletes will need a t-shirt, shorts, and cleats.
TRAINER: A certified athletic-trainer will be on duty.
CAMP GIFT: All participants will receive a t-shirt & shorts.

Camp contact: Todd Simis

Phone: 571-0788

NAME: _____ PHONE: _____

ADDRESS: _____

GRADE: _____ (2007-2008) HEIGHT: _____ WEIGHT: _____

POSITION OF INTEREST: _____

The accidental medical insurance provided by the Capital Football Camp is an excess policy. The insurance will pay for expenses up to \$10,000.00 which are in excess of those payable by other valid individual or group insurance plans.

I hereby authorize the camp staff to act for my son in case of emergency and I will waive and release the camp from any and all liability for any injuries or illness incurred while at camp.

PARENT/GUARDIAN SIGNATURE: _____



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