

**2<sup>nd</sup> Annual Sonoma Valley Jr Dragon Youth Summer Football Camp.**

**Where: Sonoma Valley High School Practice Fields.**

**When: Tuesday July 12<sup>th</sup> Through Friday July 15<sup>th</sup>**

**Time: 5:00 – 7:00pm**

**Ages : 10 to 14**

**Cost: \$50**

**Player Needs: Cleats / t-shirt / shorts - first two days / Gear provided by arrangement from Sonoma Valley Junior Dragon Football.**

**Contact Information / Questions:**

Jerry Mackling 707-495-0168 [jrdragonsjerry@comcast.net](mailto:jrdragonsjerry@comcast.net)

Bob Midgley 707-694-0799 [coachmidge@comcast.net](mailto:coachmidge@comcast.net)

**Sessions will consist of:**

- Coaching and Instruction from Sonoma Valley High School Football Staff, Former Dragon Players and Sonoma Junior Dragon Football Staff.
- Players will be grouped appropriately by age, experience and weight class.
- Football Specific Speed, Agility Drills and Physical Training.
- Fundamentals, Skills & Techniques Specific to Football.
- Specific fundamentals and Instruction Specific to all Positions.
- Two sessions of No Pads, (Tuesday, Wednesday) followed by two sessions with Pads (Thursday Friday).

In consideration of participation in this program, the understanding , on behalf of himself/herself and on behalf of any minor child enrolled in the program by the undersigned in his/her capacity as parent or legal guardian, agrees to indemnify and hold harmless, and to release, waive, and discharge the Sonoma Valley Unified School District it's officers and employees, from any and all liability for the injury including death, or property damage, arising out of or in any way connected with the participation by the undersigned or the enrolled child in the program, including injuries or property damage due to the active or passive negligence of the Sonoma Valley Unified School District, it's officers and employees.

**I HAVE READ THE ABOVE HOLD HARMLESS AND RELEASE AGREEMENT AND FULLY UNDERSTAND THAT I ASSUME ALL RISK FOR ANY INJURIES AND PROPERTY DAMAGE SUFFERED.**

**Participants Full Name (Please Print)**\_\_\_\_\_

**Phone:**\_\_\_\_\_ **Emergency Number:**\_\_\_\_\_

**Mailing Adress & Zip:**\_\_\_\_\_

**Medical Conditions (Allergies? Inhaler? Previous Injuries?)**\_\_\_\_\_

**Parent or Guardian (Please Print)**\_\_\_\_\_

**Signature:**\_\_\_\_\_ **Date:**\_\_\_\_\_