

Sonoma Valley Youth Summer Football Camp.

Where: Sonoma Valley High School Practice Fields.

When: July 20th Through July 23rd

Time: 5:30 – 7:30pm

Ages : 10 to 14

Cost Per Player: \$55.00 (checks made out to Sonoma Junior Dragons)

Bring Water- Work Out Attire, Shorts and Cleats.

Contacts for camp information:

Bob Midgley 707-935-6865 or coachmidge@comcast.net

Jerry Mackling 707-495-0168 or jrdragonsjerry@comcast.net

Sessions will consist of:

- **Coaching and Instruction from Sonoma Valley High School Football Staff and Sonoma Junior Dragon Football Staff.**
- **Players will be grouped appropriately by age and weight..**
- **Football Specific Speed and Agility Drills and Training..**
- **Fundamentals, Skills and Techniques Specific to Football.**
- **Specific fundamentals and Instruction Specific to all Positions.**
- **Two sessions of No Pads, (Tuesday, Wednesday) 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:**_____