

2019 Lakeside Football Camp Application

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone (8am-4pm) & emergency #

\_\_\_\_\_  
Date of Birth Age

\_\_\_\_\_  
Grade Level (in past school year)

\_\_\_\_\_  
Parent/Guardian Names:

Does your child have any conditions or medical problems which the coaches need to be aware of (i.e. bee allergies, seizures, ect.)? Please list the condition/problem and what we as coaches need to know!

T-Shirt Size — YS YM Adult sm Adult lg Adult XL

I, the undersigned, submit that my child is physically fit to participate in strenuous activity, and waive Lakeside Football Camp and Wallenpaupack Area School District of any and all responsibility for injury or illness. I hereby authorize the director to act for me according to his best judgment in any emergency requiring medical attention. I understand that I am solely responsible for the payment of any such medical expenses and must provide camp with proof of medical and accident insurance.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Health Insurance Co. \_\_\_\_\_  
Group # \_\_\_\_\_  
Policy # \_\_\_\_\_

Lakeside Football Camp provides excess accident/medical insurance. This coverage provides for any remaining balance after a camper's health insurance policy is exercised. Would you like to purchase additional insurance through Lakeside Football Camp?  
Yes \_\_\_\_\_ No \_\_\_\_\_

If you need this insurance please call for a price.

Mail completed application:  
Mark C. Watson Ph.D.  
344 White Mills Road  
Honesdale, PA 18431

Please make check payable to-MARK C. WATSON



FOR MORE INFORMATION CONTACT:

Mark C. Watson Ph.D.

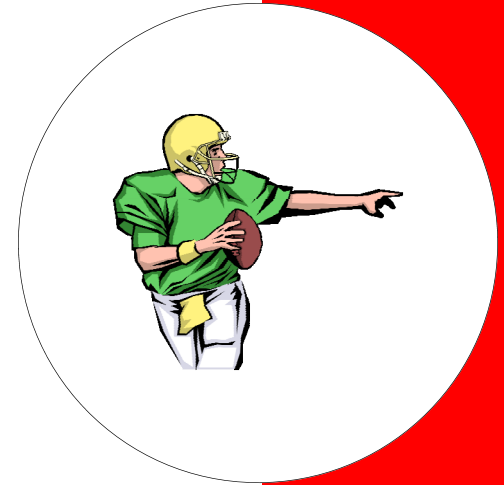
LAKESIDE FOOTBALL CAMP

344 White Mills Road

Honesdale, PA 18431

Phone: (570)-470-5950

19th ANNUAL



"BRINGING YOU UP TO SPEED ON YOUR TRAINING NEED"

Boys & Girls-Grades 1st - 9th  
No-Contact  
Lakeside Football Camp

ALL SKILLS AND TECHNIQUES WILL BE TAUGHT WITHOUT CONTACT

DIRECTOR: MARK C. WATSON Ph.D.

## ABOUT THE CAMP

The Lakeside football camp is designed to provide participants at all levels with a rewarding and enjoyable experience. The camp program will be designed to improve all campers' awareness of tactical, technical and physical areas of the sport. **There will be no deliberate contact!!** We plan to present a challenging environment to learn, play, and enjoy the game of football. We hope that you choose to be a part of the fun and join us this summer! **Teaching and games will be divided so that participants will be with their age groups.**



*MAKING FOOTBALL A FUN  
EXPERIENCE !!!!!!!*

For Boys and Girls

The coaches will use proven techniques to help the participants understand the principles of football. At the same time, they will make it an enjoyable experience for all the participants. All coaches will make an effort to give every participant an equal opportunity to have an educational and fun experience. The coaches will also encourage each participant to work hard to try and get in shape as well as learn the skills involved in the game of football.

**DATES:** July 8,9,10,11 (Monday-Thursday)  
**LOCATION:** WALLENPAUPACK AREA HIGH SCHOOL (football fields)

**COST:** \$95.00 \*Multiple family members receive a discount (\$80 for each additional child)

\*The Wallenpaupack Area High school and the Lakeside Football coaches are exempt from any legal action upon registration of your child.

**CAMP SPECIAL:** Each camper will receive a t-shirt in addition to quality instruction and fun.  
*\*Awards and prizes will be given throughout the camp.\**

**DRESS:** Sneakers or cleats / comfortable clothes / SUNSCREEN / please have sneakers for rainy days (camp is not canceled for bad weather)

**LUNCH:** Each camper must bring his/her own brown bag lunch. A cold drink will be provided.  
*\*No lunch needed Thursday - Pizza Party Provided\**

**REFUND POLICY:** If a registered camper cannot attend camp because of medical reasons, a refund will be issued. A doctor's note must accompany the refund request. Only refunds for medical reasons will be considered.



*Be a part of all the fun!*

## DAILY SCHEDULE

7:45 Campers report to camp  
8:00 -11:00 Morning Session  
11:00 -11:40 LUNCH  
11:45 - 1:30 Afternoon Session

\*If there are any questions please come in the morning before the first session begins (7:30-7:45).

## Basic Football Knowledge

The participants will be involved in learning the offensive and defensive football positions. This will involve breaking the positions down and teaching each participant the skills and techniques involved in each of the positions of offense and defense. The participants will also learn the rules of how the game is played.

## Football Skills and Techniques

The following skills will be taught:

### OFFENSIVELY

Receiving (catching the football)  
Running the football  
Throwing the football  
Blocking  
Formation Recognition (positions)  
Getting in the proper stances

### DEFENSIVELY

Formation Recognition  
Defensive Stances  
Defensive Responsibilities  
Tackling Techniques and Safety

### Special Teams

Review Special Teams  
Kicking  
Punting  
Field Goal/X-tra Point

### FUN COMPETITIONS DAILY (awards given)

Speed Competitions  
Agility Competitions  
Strength Competitions  
Various Skills Competitions  
Football Quiz Bowls

## Punt-Pass-Kick Competition

(last day)

