

## **COUGARS OFFSEASON FOOTBALL** **STRENGTH & SPEED CAMP**

- WHERE:** DEL CAMPO HIGH SCHOOL
- WHEN:** **Spring Camp: JV and Varsity Only**  
May 1<sup>st</sup> – June 1<sup>st</sup>  
Monday – Thursday, 3:05pm – 5:15pm
- Summer Camp:**  
June 12<sup>th</sup> – July 13<sup>th</sup>  
Monday - Thursday  
JV and Varsity = 3pm – 6pm  
Freshman = 5pm – 7:30pm
- COST:** \$85 (Resident) \$90 (Non-Resident)

### **CAMP CONTENT:**

Off Season Football Strength and Speed Camp is designed for all athletes, especially athletes interested in playing football. Future 9<sup>th</sup> graders (Freshman Class of 2017) are encouraged to attend the Summer Camp beginning Monday June 12th at 5-7:30pm. The cost is the same - \$85. There will be an incoming **Freshman parent meeting Tuesday, June 14, 2017, from 7pm - 8pm** in the Del Campo ACC Room to meet the coaches and answer questions.

Spring Football Strength and Speed Camp will begin for JV and Varsity players in May. Much of the past success Del Campo Football Program has enjoyed is attributed to this off season Football, Speed, and Strength Camps. In addition to speed and strength development, athletes will be instructed on the proper fundamentals and techniques of football. Additionally, athletes will occasionally work on football skills associated with 7 on 7 Passing Practice with other schools.

Explosive speed and strength will be developed through Olympic and Power free-weight lifting, upper and lower body plyometrics, medicine ball training, agility drills, and proper sprinting and jumping mechanics. Athletes will be tested regularly and the results will be monitored and tracked. Program workouts are specifically designed for every day attendance. Athletes committed to every day attendance will run faster, jump higher, and will become stronger.

### **CAMP COORDINATOR:**

Mike Dimino, the Head Football Coach at Del Campo High School, along with his staff, will work closely with the athletes in all aspects of the football and training. The Del Campo Varsity Football Team has won the CIF Section Championship twice and has gone to the playoffs for 12 of the last 14 years. Due to a strong emphasis in academics and weekly grade checks, the Del Campo Football Program has produced 36 collegiate and two NFL football players from 2003 to 2016, one of the most in the Sacramento Area.

### **CAMP SIGN-UP INFORMATION:**

Fill out the registration form on the back of the flyer. Athletes are to wear white t-shirts, shorts, and athletic shoes. **Make check out to Carmichael Recreation and Park District (C.R.P.D.).**

**Further information:** (Varsity) [madimino@comcast.net](mailto:madimino@comcast.net) (JV and Frosh) [aaron.goldfried@sanjuan.edu](mailto:aaron.goldfried@sanjuan.edu)

**REGISTRATION FORM FOR  
Cougars Offseason Football Strength and Speed Camp 2017**

Registration will be accepted via mail, walk-in at the address below or use the drop box located outside the La Sierra Office.

**LA SIERRA COMMUNITY CENTER SPORTS OFFICE  
5325 ENGLE RD, SUITE 100, CARMICHAEL 95608**

For more information and questions please contact the Sports Office at 483-7826

**FEE: \$85 (R) \$90 (NR) No Refunds for any reason after May 12, 2017**

**Payment must accompany registration**

**Make Checks payable to C.R.P.D.**

How are you paying? (please mark one)     Check     Cash     Money Order     Credit \*

Total Amount Paid \$ \_\_\_\_\_ Office Receipt # \_\_\_\_\_

\*Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ X \_\_\_\_\_

Players Name: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

School Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Male or Female

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone #: \_\_\_\_\_ Secondary Phone #: \_\_\_\_\_

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

**Carmichael Recreation & Park District**

5325 Engle Rd, Carmichael, CA 95608 • (916) 483-7826 • FAX: (916) 483-7861

*Cougars Football Strength and Speed Camp 2017*

**AGREEMENT, WAIVER, AND RELEASE**

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, officials, employees, and agents) from any and all liability arising out of, or connected in any way, with my participation in said activity even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or injury or property damage that I may sustain while participating in said activity.

**PHOTO RELEASE:** By signing this agreement, you are agreeing to release photo rights to Carmichael Recreation & Park District. Carmichael Recreation & Park District reserves the right to photograph facilities, activities, and program participants for potential future use. All photos will remain the property of Carmichael Recreation & Park District.

**PARENTAL CONSENT:** (To be completed and signed by parent/guardian if applicant is under 18 years of age).

I hereby consent that my son/daughter \_\_\_\_\_ participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which may incur as a result of the death or injury or property damage that said minor may sustain while participating in said activity.

**I have carefully read this Agreement, Waiver, and Release and fully understand its content. I am aware that this is a release of liability and a contract between myself and Carmichael Recreation & Park District and I sign it of my own free will.**

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

Name (Printed): \_\_\_\_\_  Parent     Guardian