

# **Puget Sound Summer Football Camps**

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## **CAMPS DATES**

**JUNE 19<sup>TH</sup> -21<sup>ST</sup>**

**Six live sessions per camp**

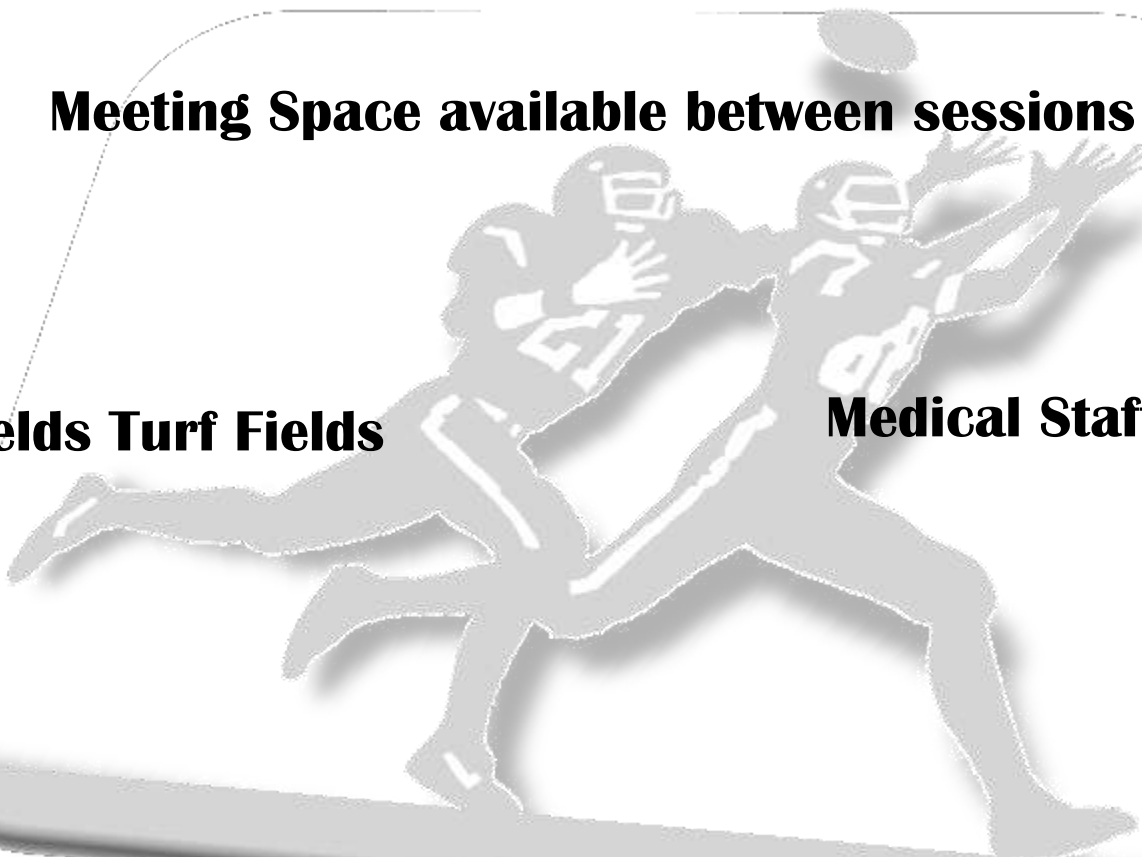
**Pool play – multiple opponents**

**Discounts for multiple teams**

**Meeting Space available between sessions**

**All Fields Turf Fields**

**Medical Staff onsite**



**Hosted by Lynnwood Football – Held at Lynnwood HS Athletic Facility**

# Puget Sound Summer Football Camps – 2013

## **Camp Dates**

Wednesday, June 19<sup>th</sup> –Friday, June 21<sup>st</sup>

## **Camp Philosophy:**

To provide a first class padded team camp in the Puget Sound area at an affordable price.

## **Camp Location:**

Lynnwood High School, 18218 North Road, Bothell, 98012

## **Cost:**

1 Team = \$300, 2 Teams - \$550 (**Payment** should be made out to, **Edmonds School District**)

## **Camp Features:**

- ⇒3 Field Turf Fields
- ⇒5 Varsity and JV/Freshman Practices
- ⇒3 Team pool play each practice, teams will play a variety of opponents during camp
- ⇒Medical Staff: A certified athletic trainer will be hand at all times.
- ⇒Film/Rest areas will be provided between practice sessions.
- ⇒**Quick Whistle**, “Keep’ Em Up” approach for all scrimmage sessions.  
The goal of this approach is to maximize safety and injury prevention in competitive environment.
- ⇒Lynnwood Booster Club will provide group discounts for team lunches

## **Eligibility Forms:**

Each coach must bring a completed registration form and a copy of all football clearance forms required by their district for the current school year. This includes physical forms, proof of insurance, ESD assumption of risk forms.

## **Insurance:**

All players must have proof of insurance. School insurance will not cover this camp.

Registration deadline: May 15<sup>th</sup>

## **Questions Contact:**

Scott Cachopo – Lynnwood HS Football Coach

Cell: 206-999-0260

Email: scachopo@aol.com

Or

Mark Stewart – Garfield HS Head Coach

School: 425-431-6589

Cell: 425-830-5007

Email: stewartm@edmonds.wednet.edu

## Camp Practice Schedule

Wednesday, June 19<sup>th</sup> through Friday, June 21<sup>st</sup>

- 8:00 Team Check In
- 8:30 Coaches Meeting
- 9:15 Teams warm-up and practice in designated area
- 9:45 Teams move to pool assignment field
- 9:55 Team 7 on 7
  - 2 offensive Teams vs. 1 defensive team
  - 8 alternating plays and rotate
- 10:35 Team Thud “Keep ‘em up”, **Quick Whistle!!!**  
12 plays and rotate (12 offense, 12 defense, 12 rest)
  
- 11:30 Lunch and Team Meeting
- 2:15 Teams warm-up and practice in designated area
- 2:50 Teams move to pool assignment field
- 3:00 Team 7 on 7
  - 2 offensive Teams vs. 1 defensive team
  - 8 alternating plays and rotate
- 3:40 Team Thud “Keep ‘em up”, **Quick Whistle!!!**  
12 plays and rotate (12 offense, 12 defense, 12 rest)
- 4:30 Finish

## PSFB Camp Check List and Camp Schedule:

**Medical Supplies(Tape):** We will have an athletic trainer on site, along with some student trainers. They will be able to provide some assistants in taping as long as you provide to tape.

**Bring Water Bottles:** Each field will be supplied with large container of water. But we will not be providing water bottles. Bottled water will be sold at the concession stand.

**Video Equipment:** Each meeting room has a mounted video projector. If you would like to watch video you must bring a DVD player or a computer to plug in to the unit. -----will be bringing an endzone camera, the teams that participate in their practice session will be given a DVD copy (or Hudl) of that session.

### Camp Practice Schedule

Wednesday, June 19<sup>th</sup> thru Friday, June 21<sup>st</sup>

- 8:00 Check In
- 8:30 Coaches Meeting
- 9:15 Varsity and JV Teams warm-up and practice in designated area
- 9:45 Varsity and JV Teams move to pool assignment field
- 9:55 Varsity and JV teams 7 on 7 Period
  - 2 offensive Teams vs. 1 defensive team
  - 8 alternating plays and rotate
- 10:35 Varsity and JV Team Thud Period “Keep ‘em up”, **Quick Whistle!!!**  
12 plays and rotate (12 offense, 12 defense, 12 rest)
- 11:30 Finish
  
- 11:45 Lunch
  
- 12:15 Team Meeting
  
- 2:15 Varsity Teams warm-up and practice in designated area
- 2:50 Varsity Teams move to pool assignment field
- 3:00 Varsity Teams 7 on 7 Period
  - 2 offensive Teams vs. 1 defensive team
  - 8 alternating plays and rotate
- 3:40 Varsity Team Thud Period “Keep ‘em up”, **Quick Whistle!!!**  
12 plays and rotate (12 offense, 12 defense, 12 rest)
- 4:35 Varsity Team Finish

## Varsity Pool Play Schedule

<u>Varsity – Wednesday, June 19<sup>th</sup> am session</u>				<u>Varsity – Wednesday, June 19<sup>th</sup> pm session</u>			
<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2A</u>	<u>Field 2B</u>	<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2</u>	<u>Field 2A</u>

<u>Varsity – Thursday, June 20<sup>th</sup> am session</u>				<u>Varsity – Thursday, June 20<sup>th</sup> pm session</u>			
<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2A</u>	<u>Field 2B</u>	<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2</u>	<u>Field 2A</u>
					???	????	???

<u>Varsity – Friday, June 21<sup>st</sup> am session</u>				<u>Varsity – Friday, June 21<sup>st</sup> pm session</u>			
<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2A</u>	<u>Field 2B</u>	<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2</u>	<u>Field 2A</u>
		???	??	???	???	????	???

## JV Pool Play Schedule

<u>JV – Wednesday, June 19<sup>th</sup> am session</u>				<u>JV – Wednesday, June 19<sup>th</sup> pm session</u>			
<u>Field 3A</u>	<u>Field 3B</u>	<u>Field 2A</u>	<u>Field 2B</u>	<u>Field 1A</u>	<u>Field 1B</u>	<u>Field 2</u>	<u>Field 2A</u>

<u>JV – Thursday, June 20<sup>th</sup> am session</u>				<u>JV – Thursday, June 20<sup>th</sup> pm session</u>			
<u>Field 3A</u>	<u>Field 3B</u>	<u>Field 2A</u>	<u>Field 2B</u>	<u>Field 3A</u>	<u>Field 3B</u>	<u>Field 2A</u>	<u>Field 2B</u>
				???	???	????	???

<u>JV – Friday, June 21<sup>st</sup> am session</u>				<u>Varsity – Friday, June 21<sup>st</sup> pm session</u>			
<u>Field 3A</u>	<u>Field 3B</u>	<u>Field 2A</u>	<u>Field 2B</u>	<u>Field 3A</u>	<u>Field 3B</u>	<u>Field 2</u>	<u>Field 2A</u>
	???	???	??	???	???	????	???

<p><b>Driving Directions</b>  <b>Lynnwood High School</b>          18218 North Road          Bothell, WA 98012</p>	<p><b>From Everett:</b>          →Take I-5 Southbound          →Take exit 183 for 164<sup>th</sup> St SW          →Turn Left onto 164<sup>th</sup> St SW          →Turn Right onto North Rd          →LHS will be on the right</p>	<p><b>From Seattle:</b>          →Take I-5 Northbound          →Take exit 183 for 164<sup>th</sup> St SW          →Turn Right onto 164<sup>th</sup> St SW          →Turn Right onto North Rd          →LHS will be on the right</p>
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**Assumption of Risk/Permission to Participate**

As a parent or guardian of a student requesting to register for participation in the 2013 Puget Sound Football Camp sponsored by the Edmonds School District, I hereby acknowledge that I have read, understood, and agree to the following:

- 1. I acknowledge that football entails many risks of injury, even when played in an instructional clinic environment. These risks of injury include, but are not limited to, death, serious neck and spinal injuries (which may result in complete or partial paralysis), brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, general health, and well-being.

\_\_\_\_\_  
(Parent initial)

- 2. I further certify that my child has no medical or physical conditions which could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

\_\_\_\_\_  
(Parent initial)

- 3. I acknowledge that I have read and reviewed the High School Concussion Guidelines.  
Link: [http://www.cdc.gov/ConcussionInYouthSports/english/toolkit\\_parents\\_factsheet.htm](http://www.cdc.gov/ConcussionInYouthSports/english/toolkit_parents_factsheet.htm)

\_\_\_\_\_  
(Parent initial)

**Medical Information**

The following special health problems should be noted

\_\_\_\_\_  
\_\_\_\_\_

In the event of an emergency, I wish the following person to be notified in case I cannot be contacted:

\_\_\_\_\_ Phone \_\_\_\_\_

**Medical Release**

In the event of an accident or illness, I understand that reasonable effort will be made to contact the parent/guardian immediately. However, if I am not available, I authorize the Edmonds School District to secure emergency medical care as needed.

Name of Preferred Doctor \_\_\_\_\_ Phone \_\_\_\_\_

**Medical Insurance**

I understand that I am assuming financial responsibility for medical expenses that may arise from my child's participation and that **the Edmonds School District requires but does not provide medical insurance for my child.** I certify that my child has current medical coverage under the following plan:

Health Insurance Carrier: \_\_\_\_\_ Plan Number (required): \_\_\_\_\_

***All participants are required to have medical or student accident insurance. Student accident insurance is available through your school. Contact your school's main office, head coach, or school athletic trainer for information.***

Although I understand that the Edmonds School District will make reasonable effort to provide a safe environment, I am fully aware of the special dangers and risks inherent in participating in this activity, including physical injury and/or death. Being fully aware of the risks, I hereby

give permission for \_\_\_\_\_ who attends \_\_\_\_\_  
(Student) (School)

to participate in the Puget Sound Football Camp, June 19<sup>th</sup> thru June 21st, 2013, for the purpose of practicing fundamental football skills in order to enhance skill and performance level.

Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
(please print)

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_