



2009 Cougar Junior High/High School Football Camp

WORK: HARD, SMART AND TOGETHER

Registration Form **August 3-6 8:00-10:00 am OR 4:00-6:00 pm**
Cost: \$35.00 (**\$45.00 after July 21**)

Name _____

T-SHIRT (Adult Sizes)
(circle one) XXXL XXL XL L M S

GRADE IN 09'-10' _____ **HEIGHT** _____ **WEIGHT** _____

Parents (please print) _____

Day Phone # _____

PARENTAL RELEASE FORM

I request that you accept the application for _____ in the Cougar High School Football Camp during the dates and times set forth in this application. In consideration of your application I hereby release Jeff Anliker, the camp staff, MNW Schools, and all their employees from all claims in account of injuries which may be sustained while attending the camp. I also certify that my child is medically fit to participate in this camp.

PARENT SIGNATURE _____ DATE _____

Please return registration form and registration fee **BY JULY 21st** to:

Jeff Anliker
Attn: Cougar Football Camp
Box 622
Manson, IA 50563

or return to the high school office.

MAKE CHECK S PAYABLE TO COUGAR FOOTBALL



CAMP AGENDA AND SCHEDULE

Monday August 3rd OFFENSIVE CAMP

8:00-10:00 **Offensive Linemen / Tight End Camp**

Blocking Techniques and Schemes

4:00-6:00 **QB's / Runningbacks/ Receivers / (T. Ends also can attend)**

Fundamental blocking / ball handling/ catching / route running

Tuesday August 4th OFFENSIVE CAMP

8:00-10:00 **Offensive Linemen / Tight End Camp**

Blocking Techniques and Schemes

4:00-6:00 **QB's / Runningbacks/ Receivers / (T. Ends also can attend)**

Fundamental blocking / ball handling/ catching / route running

Wednesday August 5th DEFENSIVE CAMP

8:00-10:00 **Linebackers / Defensive Backs / Strong Safeties**

Tackling / Technique Work / Pass Coverage Technique

4:00-6:00 **Drop Ends / Rush Ends / Defensive Linemen**

Tackling / Technique Work / Run Defense Schemes

Thursday August 6th DEFENSIVE CAMP

8:00-10:00 **Linebackers / Defensive Backs / Strong Safeties**

Tackling / Technique Work / Pass Coverage Technique

4:00-6:00 **Drop Ends / Rush Ends / Defensive Linemen**

Tackling / Technique Work / Run Defense Schemes