

Registration Form

Player Information:

Name

Address

City

Zip

Age

School

Head Coach

Coach's Phone Number

Circle Primary Offensive Position:

QB RB WR C G T TE

Complete Medical authorization and
return Registration Form with check to
Northview HS
For \$20.00

**Northview Option Camp
4451 Hunsberger Avenue
Grand Rapids, MI 49525**

Camp Information

General Information

The camp starts at 9:00am and ends at 3:00pm each day. It is open to all players, 9th thru 12th grade. Check with your high school coach to determine when you will be leaving your community and when you will be arriving home from camp each day.

Equipment

Camp participants will need a helmet, a mouthpiece, and football shoes.

Cost

The cost of the camp is \$20.00 per player. Payment should be received by July 8th. Payment should be made by cash, school board check, or money order made out to Northview HS.

Lunch

There will be a break for lunch. Lunch will **not** be provided by the camp. Players may bring their own lunch (there is a covered pavilion that can be used as a picnic area at the stadium) or visit one of the several fast food restaurants down the street from the school.

Transportation

This should be arranged by the individual coaches at each school. The camp has no responsibility for events, which occur before the player arrives, during the lunch break, or after the player leaves. Please consult your head football coach.



Camp Date

July 14th & July 15th 2011

Camp Location

Northview High School

Camp

Participants

**Freshmen through
Varsity**

Camp Director

Rob Zeitman

Head Coach Northview HS

Cell: (616) 862-2116

About the Camp

The schools that participated in the camp have similar offensive philosophies and therefore much of what your team does on offense is taught at the camp. A team that runs the "VEER" runs a triple-option attack. We teach the basic fundamentals of each position so even those who have never played football are comfortable at this camp. All of the coaches and most of the players walk away from this camp feeling tremendously prepared for the upcoming season.

This year, we are continuing with our camp within a camp philosophy. Meaning, we will have camp for 9th-10th graders and a varsity camp running at the same time at the same site. However, we will have different coaches running each of the camps so that the younger players receive as much attention as the varsity players. We also feel that this will allow for the coaches of the younger players to learn from the varsity staff. We feel that this made last year's camp much improved and will continue with this format.

Medical Release Form

My son has permission to attend the Northview Option Camp. I have no knowledge of any physical impairment that would affect or be affected by my son's participation. In the event of any emergency in which my son requires medical care, I authorize the staff of the Northview Option Camp to act for me and to obtain for him whatever medical treatment the staff deems necessary and appropriate. I authorize any medical vender to act in treatment. I agree to hold Rob Zeitman, Northview Option Camp, Northview Public Schools, and their employees harmless of any liability arising out of any good faith actions involved with the Northview Option Camp.

Signature of parent/guardian

Medical Insurance

Policy Holder

Policy #

Group #

Emergency Contact Number

Typical Daily Schedule

9:00am Flexibility

9:20am Agility (by position)

9:40am Technique circuit 1st go around
(OBs play circuit / OL play circuit / WR drill circuit)

10:10am Water

10:15am Technique circuit 2nd go around

10:45am Water

10:50am ½ line (OB's & OL together, work on inside
veer / midline / trap)

11:45am Lunch break, on your own

1:00pm Flexibility

1:20pm Technique circuit

1:50pm Water

1:55pm Team Period

3:00pm teams can pair up for 7-on-7.

4:30pm finished for the day