



SPF PAL

2025 RAIDER FOOTBALL CAMP

LOCATION: PONDEROSA PARK, 1600 COOPER ROAD, SCOTCH PLAINS

DATES: MONDAY, June 30th – THURSDAY July 3rd

*There is no RAIN DATE/MAKE-UP DATE

CAMP HOURS: Drop off/check in at 8:30AM / Pick up at 12:00PM

AGES: Entering grades 1 - 9 in September 2025 (All campers will be in groups according to age)

COST: \$165 *fee includes a camp T-shirt

PAYMENT: Payment should be made via the Scotch Plains – Fanwood PAL website at www.spfpal.com

CAMP DIRECTOR: Ken Hernandez, Camp Director and Scotch Plains-Fanwood High School Varsity Coach

RECOMMENDED ITEMS: Labeled Water Bottle, T-shirt, Cleats/Sneakers, Hat and Sun Screen

The Scotch Plains-Fanwood PAL Raider Football Camp is designed to teach the fundamentals of football and a love for the game. General football rules, strategy and sportsmanship will be stressed. We take pride in teaching our athletes the importance of hard work, responsibility and competition. We believe these skills translate into future success in athletics, but more importantly, in life.

Camp Areas of Focus:

- Specific Position Techniques and Stances
- Ball Security
- Throwing and Catching
- Kicking and Punting
- Ultimate Football & 7-7 Games
- Agility Drills
- Competitive Activities

All campers will receive instruction in all offensive and defensive positions. We believe all football players should learn how to catch a football, throw a football, get in a three-point stance, etc.

**** *Contact blocking and tackling WILL NOT be conducted during camp.***

COPS FOR KIDS!!

"This camp is independent and not affiliated with the Scotch Plains-Fanwood Board of Education. Participation is in no way a requirement for students wishing to play on the District Sports' teams."