



# SPF PAL

## 2023 RAIDER FOOTBALL CAMP

**LOCATION:** PONDEROSA PARK, 1600 COOPER ROAD, SCOTCH PLAINS

**DATES:** MONDAY, June 26th – THURSDAY June 29th

\*RAIN DATE/MAKE-UP DATE: FRIDAY, June 30<sup>th</sup>

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

**AGES:** Entering grades 1 - 9 in September 2023 (All campers will be in groups according to age)

**COST:** \$150 \*fee includes a camp T-shirt

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

Any questions please contact via email at [playwppp@gmail.com](mailto:playwppp@gmail.com)

**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!!



**PAL RAIDER FOOTBALL CAMP**  
**Registration Form**

Please make check/money order made payable to "Ken Hernandez" in the amount of \$150. All applications should be received no later than June 19<sup>th</sup>. This form, signed with payment, must be mailed to the address shown below. Payment accompanying this form reserves your space in the camp.

**KEN HERNANDEZ**  
**185 MEADOWBROOK DRIVE**  
**NORTH PLAINFIELD, NJ 07062**

**PARENTAL PERMISSION AND MEDICAL CONSENT WITH LIABILITY RELEASE**

PARTICIPANT NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRADE IN SEPT 2023: \_\_\_\_\_

PARTICIPANT ADDRESS: \_\_\_\_\_

PARENT EMAIL ADDRESS: \_\_\_\_\_ CELL PHONE # (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

SHIRT SIZE (circle one): (YM) (YL) (AS) (AM) (AL) (XL) (XXL)

**Waiver/Release Form**

I, the parent/guardian of the registrant, agree that the registrant and I will abide by the rules set forth for participation in the PAL Raider Football Camp for accepting the registrant for its activities. I hereby release, discharge, and/or otherwise indemnify the SPF PAL Football Staff, or any instructors associated with the PAL Raider Football Camp, coaches, officers, managers, affiliated organizations, sponsors, their employees, associated personnel, against any claims in respect of death, injury, loss or damage to the registrant or by the registrant, howsoever caused, arising or to arise by reason of or during the registrants participation in the camps/activities.

I affirm that the registrant is in sound physical and mental health and that the athlete is covered by health accident insurance secured independently. As parent/guardian of the registrant, I hereby give my permission for the participant of the program to be transported for emergency medical care. I hereby authorize consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions necessary to preserve life, limb, or well-being of my dependent.

I/WE HAVE READ THE ABOVE AGREEMENT AND UNDERSTAND THAT I/WE GIVE UP CERTAIN RIGHTS BY VOLUNTARILY SIGNING IT.

Name (printed) of Parent/Guardian of Participant: \_\_\_\_\_

Signature of Parent/Guardian of Participant: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / 2023