



North Penn Football Camp

July 12 - 16, 2004 8 a.m. - 3 p.m.
at North Penn High School
for Students entering Grades 5 - 10

Camp Director - DICK BECK

Head Football Coach, North Penn High School

ABOUT THE CAMP

The purpose of this non-contact camp is to provide expert instruction in an enjoyable, yet competitive, environment. The camp is open to all students entering grades 5-10 in the fall. Lectures, film sessions, demonstrations, drills and competitions will be held daily under the guidance of the North Penn Football Camp staff. Specialized instruction is offered for all offensive and defensive positions. Each camper will have the opportunity to choose which position they wish to learn. The camp will be divided into a Sophomore division (grades 5-6), a Junior division (grades 7-8), and a Senior division (grades 9-10).

The rules of the camp are simple:

Rule #1: Having fun is mandatory!

Rule #2: Learning is mandatory!



Cost: \$135 per camper - DUE IN FULL WITH REGISTRATION

Checks/money orders payable to North Penn Community School.

Family Discount: \$135—1st camper; \$115—per additional sibling
(\$135 due at registration; balance due on day 1)

Cancellation Policy: Full refunds will be given if notification of cancellation is received five (5) days prior to the start of camp (on or before July 10). No refunds will be given after that point.

NOTE: Enrollment notification is not sent unless you provide a self-addressed stamped envelope.

CAMP INSTRUCTION

On the Field Instruction for the Following Positions:

Quarterbacks, Running Backs, Receivers, Offensive Line, Defensive Line,
Linebackers, Defensive Backs
Team Competition — ULTIMATE FOOTBALL

Off the Field Instruction in the Following Areas:

Academics, Football Philosophy (X's and O's), Injury Prevention, Diet and
Nutrition, Sportsmanship, Speed Development, Strength Training

CAMPERS RECEIVE

Camp Tee Shirt

CAMPERS SHOULD BRING

Football cleats, Sneakers (suitable for gym floor in event of rain), Lunch
(storage available), Picnic jug, Mouthpiece

NOTE: Drinks/Food will be available for purchase at lunchtime. We will have plenty of water available during practice but campers are encouraged to bring a picnic jug out to the field.

REGISTRATION FORM (EARLY ENROLLMENT IS ENCOURAGED AS CAMP SPACE IS LIMITED.)

EMERGENCY INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age _____

Grade Entering Fall 2004 (circle one): 5 6 7 8 9 10

School Attending Fall 2004 _____

Offensive Position (circle one): QB RB WR Line

Defensive Position (circle one): LB DB Line

I have played _____ years of organized football. (Midget Leagues/
Middle School)

Please mail me _____ additional brochures for my siblings/friends.

Parent / Guardian Names _____

Emergency Contact _____

Emergency Phone # _____

Physician Name _____

Physician Phone # _____

Return with check payable to:

North Penn Community School
401 East Hancock Street
Lansdale, PA 19446

Charge: Visa MasterCard Exp. Date _____

Signature: _____

CAMP STAFF

Coach Dick Beck begins his 3rd season at the helm of the North Penn High School football program after having served as the assistant head coach for five seasons. As an assistant, he helped lead the Knights to an average of nine wins per year, qualifying for the District 1 AAAA playoffs twice. During his first season as head coach, the Knights went 10 and 3 and reached the PIAA AAAA Semi-Finals. In his second year at the helm he guided the Knights to their first undefeated season and a PIAA AAAA State Championship. The rest of the camp staff is a group of young and enthusiastic coaches with a wealth of collegiate football experience who have dedicated themselves to the NPHS football program.



Dick Beck - Offensive Line, Defensive Line
 James Williams - Runninbacks and Defensive Backs
 Dave Franek - Receivers and Defensive Line
 Jay Jones - Receivers, Linebackers & Quarterbacks
 Ryan Major - Running Backs and Linebackers
 Chris Frey - Certified Athletic Trainer



The camp staff also includes current and former members of the North Penn High School football squad.

CAMP SCHEDULE

(Typical Day)

8 a.m. Camper Drop-Off, Assemble in Gym

8:10 a.m. Group Stretch

8:20 a.m. Practice-OFFENSIVE POSITIONS

10:30 a.m. Break into groups

LUNCH / LECTURE / LIFT

12:10 p.m. Group Stretch

12:20 p.m. Practice-DEFENSIVE POSITIONS

1:30 p.m. Team Competition

ULTIMATE FOOTBALL

3:00 p.m. Camper Pick-up

For More Information

Contact the Office of the



at 215-368-0400, ext. 205 or 206



WAIVER/CONSENT FORM

I/we, the undersignd parent(s) or guardian(s) of:

_____ (Name of Participant)

acknowledge that I/we have been informed that serious injury, including catastrophic injuries, paralysis, or even death, can result from accidents during the **North Penn Football Camp**. I/we acknowledge that although supervision is provided, serious injuries can result despite the most careful supervision. I/we hereby release the North Penn School District, or its employees, agents, or servants, from any and all causes of action and claims for injury or damage arising out of participation of the above named individual in the **North Penn Football Camp**.

I/we hereby acknowledge that said participant has medical insurance coverage through:

_____ Name of Company

_____ Group Number

_____ Policy Number

_____ Signature of Parent/Guardian

_____ Signature of Parent/Guardian