



2017

**NOR-CAL SKILLS CAMP
FLAG FOOTBALL**

For Current K-7th graders

5 Tuesdays 5:30pm-7pm - June 6,13,20,27, July 11

**COST: \$40 must be turned in before physically participating June 6.
(\$20 sibling discount) or \$10 per day**

***Make checks payable to: Nor-Cal Skills Camp - FLAG**

WHERE: MONTEREY TRAIL HIGH SCHOOL – Macres Stadium

DRESS: Athletic cleats or shoes, T-shirt and shorts

**SKILLS TO BE COVERED:
Football Skill Development
Flag Football Games**

The Nor-Cal Skills FLAG Football Camp will focus on football fundamentals along with speed & agility training. A safe and fun environment will be provided while campers learn and practice proper technique.

Student's Name _____ Age: _____
Current School _____ Current Grade: _____
Parent's/Guardian's Name(s) _____
Street Address: _____ City _____ Zip _____
Home Ph#: _____ Emergency Ph # _____
Email: _____

PARTICIPANT MEDICAL INFORMATION AND RELEASE:

I give permission for my son/daughter to participate in this program and certify that to the best of my knowledge and belief, he/she is in good physical condition and hereby release the Elk Grove Unified School District, Monterey Trail High School, MT Football Club & Nor-Cal Skills Camp of any liability. I understand that the district takes appropriate steps to protect my child from injury but DOES NOT provide accident medical insurance for this program.

Signature of Parent or Guardian _____
Date _____

Nor-Cal Skills Camp, 8359 Elk Grove-Florin Rd, #103, Sacramento, CA 95829
(916) 479-9036



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