

Certificate of Release

For the consideration of being permitted to participate in Southern Arkansas University 2011 Skill Camp, and in consideration thereof, the undersigned hereby release and forever discharges, Southern Arkansas University of their officers, trustees, directors, administrators, coaches, athletic training staff, agents and assigns of each of them who might now, or in the future, liable or alleged to be liable from all crimes, demands, damages, actions, causes of action or suits of any kind or nature whatsoever, in connection with any and all injuries, illnesses, infirmities, and disabilities, known, and unknown, that are presently existing or previously have been suffered by the undersigned and which may become aggravated or re-injured or which may occur as a result of preparation and participation in the said Southern Arkansas University Football Camp.

The undersigned hereby declares that the terms of this release have been read and are carefully understood and voluntarily accepted. It is understood that the provisions hereof shall be binding on the undersigned and his heirs, personal representatives, and assigns.

I, _____ hereby grant the trainers, team physicians, therapists, technicians, and consultants of Southern Arkansas University to render me any emergency care or other medical or surgical care that might be deemed necessary to insure proper care of any injuries/illness and maintain my health and well being. In the absence of the team or authorized physician, I grant permission to a qualified physician to furnish emergency care using the guidelines above. Also, when necessary for executing such care, permission for hospitalization at an accredited hospital is granted.

Date: _____

Athlete's Signature _____

D.O.B. _____

Parent's Signature _____



FOOTBALL OFFICE
C/O COACH DAVID REEVES
SOUTHERN ARKANSAS UNIVERSITY
P.O. BOX 9169
MAGNOLIA, AR 71754-9169



Southern Arkansas University Skill Camp

June 15-June 17
2011



"Take it to the NEXT level"
2011



Camp Objectives

Here at Southern Arkansas we understand the importance of technique at the skill positions. Games are won and lost based on the ability of skill players to execute at a high level. We will spend three days working on all aspects of offensive and defensive skill play. The emphasis will be on working. We will “grind it out” for three days with practice, weight training, and film sessions based on the little things involved with being a great skill player. On the offensive side, we will cover: QB’s- passing mechanics, footwork, secondary recognition, accuracy, and ball skills. RB’s- footwork, ball security, speed, agilities, vision, pass routes, and pass protection. Rec’s- stance, starts, releases, ball drills, route running, coverage recognition, and blocking. TE’s- stance, run blocking pass protection, ball skills, and route running. On the defensive side we will cover: DB’s- stance, footwork, ball skills, run fits, zone skills, press skills, off man skills. LB’s- footwork, stance, starts, run fits, pass drops, tackling, shedding blockers, zone skills, and man skills. Camp staff will include the Southern Arkansas University Staff, offering over 50 years of experience, and successful High School Coaches from throughout the area. For more information contact Coach David Reeves at 318-465-0861 or 870-235-4107.

Camp Details

Cost: *Camp fee is \$235 for overnight campers and \$175 for day campers. Three meals a day will be provided for overnight campers, and lunch and dinner will be provided for day campers. T-shirts will be provided for all campers. A \$50 non-refundable deposit must accompany all registration forms.*

Who is eligible to attend? *All players entering the 7th through 12th grade are eligible.*

What to bring? *Bring helmet, shoulder pads, (if not available, these items can be rented for a small charge), athletic shorts, T-shirts, wash clothes, towels, toilet items and bedding. Bring enough clothes for six practices.*

Arrival and Departure: *We will check in between 12:00 noon and 2:00 p.m. on Wednesday, June 15, at the SAU field house. We will check out on Friday, June 17, between 11:00 a.m. and 12:00 noon.*

Registration: *Make checks payable to: Southern Arkansas University Skill Camp P.O. Box 9169 Magnolia, AR 71754-9169*



Sign-up Form

Name: _____

Grade _____

Position _____

Address: _____

Email _____

Phone: _____

T-Shirt Size: _____

School: _____

Coach’s Full Name: _____

