

MEDICAL INFORMATION CARD

Student's Name:

_____ (Last) (First) (M.I.)

Does the athlete have any past injuries or conditions to be aware of? _____

Parent's Name:

_____ (Last) (First) (M.I.)

Parent's Address:

_____ Name of Medical Insurance Company:

_____ Ins. Policy #:

_____ Group #:

_____ I.D. #:

_____ Employed By:

I hereby register my child for the described above camp and authorize the staff to direct him/her in camp activities. My child has no medical or emotional conditions, which may affect his/her ability to safely participate in your program. The camp staff is authorized to attend to any health problems or injuries my child may incur while attending camp. I understand that my child must have current and active medical insurance before they can attend camp.

Signature of Parent or Guardian:

Date: _____

Dear Parents and Athletes,

The Puget Sound Football Camp is designed to provide a unique opportunity for young athletes in the greater Kent area to learn the fundamental skills of the game. Discipline, motivation, teamwork, and sportsmanship will be stressed throughout daily activities. This camp can be a positive experience for the athlete who is playing organized football for the first time. A dedicated camp staff has been selected and is ready to provide a week of outstanding teaching and coaching. I am confident we can provide a positive experience that will benefit each participant.

Marty Osborn

CAMP DIRECTOR & COACH

Coach Osborn has been the head football coach at Kentridge for the past 18 years. He led 9 different Charger Football Teams to the league or state playoffs and has been selected league coach of the year five times. In 1990 he was selected as Washington State Coach of the Year.

CAMP LOCATION

The camp will be held at French Field, located at Kent Meridian High School. Athletes should be prepared to practice on field turf.

P.S.F.C. ALUMNI

Mike Karney, Cedar Heights JHS, Kentwood, Arizona State University, New Orleans Saints, and St. Louis Rams

James Harrison, Northwood JHS, Kentridge, Central Washington University

Bryan Olson, Cedar Heights JHS, Kentlake, Washington State University

PUGET SOUND FOOTBALL CAMP



June 24-27, 2009

Times: Mornings 9:00 am to 12:00 pm
Location: French Field @ Kent Meridian HS

CAMP COACHING STAFF

Marty OsbornHead Football Coach
Kentridge High School
Jeff Shumake Defensive Coordinator
Kentridge High School
Glenn DacusOffensive Coordinator
Kentridge High School
David FowlerAssistant Football Coach
Kentridge High School
Nick Bartoli Defensive Coordinator
Kentlake High School
Kent NevinHead Football Coach
Fife High School
James HarrisonAssistant Football Coach
Kentlake High School
Current KR senior players, former players now in college, and local HS/JHS coaches

ELIGIBILITY

All athletes (QB, RB, WR, TE, OL, DL, LB, DB) who will be entering 4th, 5th, 6th, 7th, 8th, 9th grade in the fall of 2009. The camp is for backs and linemen.

CAMP FEATURES

- Outstanding personalized instruction
- Skill development for 1st time players
- Special team skills (kicking/snapping/receiving)
- Position packets with individual skills/drills
- Speed & agility training
- Daily motivational talks
- Pizza Feed & Camp Awards
- Complimentary camp shirt

FOR PROGRAM INFORMATION

Write to:
Puget Sound Football Camp
12608 23rd Street Court East
Edgewood, WA 98372
Home (253) 891-2294/Marty or Lori

GENERAL CAMP INFORMATION

WHAT TO WEAR

Each athlete should wear T-shirts/sweatshirts, shorts/sweatpants, socks, tennis shoes or molded cleats.

PHYSICAL & MEDICAL HISTORY

All athletes must have a statement of physical fitness from their physician. Please send a copy prior to the first day of camp. (This form should be dated after June 1, 2008) Complete the attached medical history form noting any injuries or physical/mental, conditions that could affect the athlete’s performance.

COST & REGISTRATION

\$105.00 per athlete.
\$75.00 per athlete (2 or more from 1 family)
All money due in by June 24, 2009

DAILY SCHEDULE

- 9:00 Stretch and Warm-up
- 9:15 Agility and Form Run
- 9:25 Offensive Individual Drills
- 9:40 Offensive Group Drills
- 9:55 Break – Chalk Talk
- 10:00 Defensive Individual Drills
- 10:20 Defensive Group Drills
- 10:40 Break – Chalk Talk
- 10:45 Specialty Individual Drills
- 10:55 Camp Competition
- 11:10 Break – Chalk Talk
- 11:15 Games
- 12:00 End of Practice



PSFC

PSFC APPLICATION INFORMATION (DETACH & SEND WITH CHECK)

Name: _____
Phone #: _____
Address: _____
City: _____ State: _____
Zip Code: _____
Elementary, JHS, or High School attending in the Fall of 2009: _____
Grade Entering: _____
Circle Positions:
Offense: QB RB WR TE OL Defense: DL LB DB
Age: _____ Height: _____ Weight: _____
T-shirt Size:
Med _____ L _____ XL _____ XXL

This applicant has permission to attend the 2009 Puget Sound Football Camp. I will provide a statement of physical fitness from a physician before the athlete attends camp. A copy of the athlete’s school district registration form or simply a note from their physician would be acceptable. In the event of illness or injury, I hereby give my consent for medical treatment and assume full responsibility for any medical expenses.

Signature of Parent or Guardian:

Send application with \$105/\$75
(Payable to Puget Sound Football Camp) to:
12608 23rd Street Court East, Edgewood, WA 98372

