



2015 LITTLE LEX FOOTBALL FUNDAMENTALS & SKILLS CAMP

Receive instruction on football skills from Lexington Coaches and Varsity Players. Compete against other kids the same age in our “Ultimate Football Tournament” and “Mini Iron Man Competition”. Every camper will receive a free Lexington Football T-Shirt. Cost of camp is \$20.00; make checks payable to Lexington Athletics

When: July 11, 9 am to 3 pm
Where: Lexington High School
Who: Kids from ages 7 to 13

Schedule

9:00 AM – 9:30 AM	Registration in the Field House
9:30 AM – 10:00 AM	Introduction and Welcome
10:00 AM – 11:00 AM	Defensive Position Instruction
11:00 AM – 12:00 PM	Lunch
12:00 PM – 1:00 PM	Offensive Position Instruction
1:00 PM – 2:00 PM	Mini Iron Man Competition
2:00 PM – 3:00 PM	Ultimate Football

Return Registration to Athletic Office

Name _____ Position _____

Address _____ Phone _____

Age _____ Grade level _____ T-shirt Size _____

RELEASE OF ALL CLAIMS AND PROMISE NOT TO SUE

As a participant in this and /or any other program of the Lexington Athletic Department, I recognize and acknowledge that there are certain risks and I agree to assume all such risks that I may sustain as a result of participating in any and all activities connected with or associated with such programs.

In consideration of the Lexington Athletic Department accepting me or my child’s camp fee, and with intent to be legally bound, I hereby, for myself, my child, all heirs, executors, administrators and assigns, do hereby forever release, waive and relinquish all claims I have as a result of participating in this and all other programs of the Lexington Athletic Department and its officers, agents, servants, employees and insurers.

Name of athlete: _____ Date: _____

Parent Signature: _____ Date: _____

All players must have a signed waiver to participate