CAMP DIRECTOR

ADAM BAEIRA HEAD FOOTBALL COACH RAMSEY HS



DAILY ITINERARY

REGISTRATION: MONDAY - THURSDAY MONDAY, 8:30AM

9:00 AM

9:00 AM - 2:00 PM

STRETCH/WARM UP

9:30 AM

STATION DRILLS

10:00 AM

OFFENSIVE INSTRUCTION CHALLENGE COMPETITION

10:45 AM

LUNCH

11:30 AM WARM UP 12:15 PM

12:30 PM

DEFENSIVE INSTRUCTION

1:00 PM

TEAM GAMES

1:30 PM

SPECIAL GUEST SPEAKER

2:00 PM

DISMISSAL/PICK UP

POSITION SPECIFIC TECHNIQUE INSTRUCTION

- QUARTERBACKS
- WIDE RECEIVERS
- DEFENSIVE BACKS
- TIGHT ENDS
- O-LINE
- LINE BACKERS
- DEFENSIVE LINE
- RUNNING BACKS

GROUP AND TEAM WORK

DURING OUR PERIODS OF GROUP WORK ATHLETES WILL UNDERSTAND THE IMPORTANCE OF ESTABLISHING TRUST WITH THEIR TEAMMATES

SPEED AND AGILITY CLINIC

THROUGH OUR SPEED AND AGILITY CLINIC, CAMPERS WILL LEARN PROPER TECHNIQUE TO IMPROVE THEIR QUICKNESS, SPEED, AND OVERALL ON-FIELD PERFORMANCE.

SKILLS COMPETITION

EACH DAY OF CAMP, ATHLETES WILL HAVE THE OPPORTUNITY TO HAVE SOME FUN AS THEY COMPETE AGAINST THEIR PEERS FOR PRIZES IN OUR SKILLS COMPETITION.

MOTIVATION AND GOAL SETTING

WE ARE THRILLED TO WELCOME A NUMBER OF PROFESSIONAL PLAYERS AND COACHES TO MOTIVATE AND INSPIRE OUR ATHLETES. CAMPERS WILL BE PERMITTED TO WORK WITH, ASK QUESTIONS, AND RECEIVE AUTOGRAPHS FROM OUR SPECIALS GUESTS

SPECIAL GUESTS



















HYDRATED BY



GRIDIRON STATE FOOTBALL

2025 SUMMER YOUTH FOOTBALL CAMP JULY 7TH - JULY 10TH APPLICANT INFORMATION

IF SO PLEAS	SE EXPLAIN:
DO YOU HA	VE ANY HEALTH CONDITIONS?
	(YOUTH) SML
T-SHIRT SI	ZE (MENS) SMLXLXXL
	POSITION:
OFFENSIVE	POSITION:
	DOB;
EMERGENC	Y CONTACT PHONE:
	Y CONTACT:
PARENT/GU	ARDIAN:
STATE:	ZIP CODE
CITY:	
ADDRESS: _	
	k

PAYMENT INFORMATION \$240.00

CHECKS MAY BE MADE OUT TO GRIDIRON STATE FOOTBALL

STATE FOOTBALL T-SHIRT, GRIDIRON STATE FOOTBALL WILL PROVIDE ACCIDENTAL INSURANCE ON A LIMITED BASIS ALL APPLICANTS MUST PROVIDE PROOF OF MEDICAL INSURANCE.

I hereby certify that my son is in good health and may participate IN ALL ACTIVITIES. IN CASE OF AN EMERGENCY, I GRANT PERMISSION FOR MY SON TO BE GIVEN EMERGENCY TREATMENT AT A LOCAL HOSPITAL

I UNDERSTAND THAT NEITHER GRIDIRON STATE FOOTBALL THE CAMP STAFF, NOR ANYONE CONNECTED WITH THE CAMP WILL ASSUME ANY RESPONSIBILITY FOR ANY ACCIDENTS, (MEDICAL OR DENTAL), OR OTHER EXPENSES INCURRED AS A RESULT OF ACCIDENTS DURING THE DURATION

WEATHER CONDITIONS, THE MAKE-UP RAIN DATE WILL BE HELD ON FRIDAY JULY 11th IN THE EVENT THAT A DAY OF CAMP IS CANCELED DUE TO SEVERE

PARENTAL/GUARDIAN

GRIDIRON STATE FOOTBALL

WHAT TO KNOW

▼ LOCATION: RAMSEY HS 256 E MAIN ST. RAMSEY, NJ

Mates: JULY 7TH-JULY 10TH

TIME: 9:00AM- 2:00PM

▼ AGES 7-15

ALL POSITIONS ARE WELCOME TO ATTEND

A CERTIFIED ATHLETIC TRAINER WILL BE PRESENT EACH DAY. ALL ATHLETES SHOULD BRING CLEATS, MOUTH GUARDS, AND A SNACK.

COST: \$240 (\$250 FOR WALK-UPS) CHECKS CAN BE MADE PAYABLE TO:

GRIDIRON STATE FOOTBALL

REGISTRATION WILL BE TAKEN ON A FIRST COME FIRST SERVE BASIS. A LIMITED NUMBER OF REGISTRATIONS ARE AVAILABLE. REGISTRATION MAY BE COMPLETED ONLINE, MAILED IN OR PAID AT THE DOOR.

MAIL PAYMENTS & REGISTRATIONS TO: Gridiron State Football

> 29 Cherry Lane Ramsey, NJ 07446 SPACE IS LIMITED!



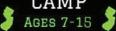
REGISTER NOW

GRIDIRONSTATEFOOTBALL.COM



PRESENTS

SUMMER FOOTBALL CAMP



July 7th-July 10th 9:00AM - 2:00PM

RAMSEY HIGH SCHOOL



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