

Black Butte Frosh / Soph Team Football Camp 2011

Our camp will provide an affordable, full-contact team camp experience for the Freshman and J.V. levels of the surrounding local high schools. In addition to individual position drills run by the Orland coaching staff, each team will spend time with their own coaches developing their own schemes and techniques in a positive, structured camp environment.

**GET A HEAD START ON YOUR
2011 SEASON!**

Daily Schedule:

4:00 - 4:15 - Coach's message
4:15 - 4:30 - Camp warm-up
4:30 - 4:45 - "Fundo" - agilities
4:45 - 5:05 - Offense individual drills
5:05 - 5:45 - Offensive team time
5:45 - 6:00 - Tackling Circuit
6:00 - 6:20 - Defense individual drills
6:20 - 7:00 - Defensive team time
7:00 - 7:20 - 7 on 7 + Lineman 1 on 1
7:20 - 8:00 - Scrimmages

BLACK BUTTE

FROSH / SOPH TEAM FOOTBALL CAMP 2011



July 20th - 22nd

**BLACK BUTTE
FROSH / SOPH TEAM
FOOTBALL CAMP
2011**

Who: Students entering
9th and 10th Grades
When: July 20th – 22nd - W, TH, F
Time: 4:00pm-8:00pm
Place: Orland High School
Cost: **\$25 for each player**
(Includes Camp T-Shirt)

Payment is due on July 20th when
you arrive to the first night of camp.

***Make checks payable to
OHS Student Body***

Coaches:

Please have a copy of each player's
sports physical form dated within the
last year.

Questions? Contact Info:

Mike McDonald: 865-7117
coachmike_mcdonald@yahoo.com

Mike Miller : 521-8465
miller7878@hotmail.com

Lorenzo Garth: 828-6214
lgarth1@hotmail.com

**2011 Camp
Registration Form**

Name: _____
Birth date: _____
Grade: _____
Mailing Address: _____

City: _____
Zip: _____
Home Phone: _____
Cell Phone: _____
Emergency contact: _____
School Name: _____
Money Enclosed: _____
Insurance Policy: _____
Subscriber No.: _____
Subscriber Employer: _____
Previous injury or health problems:

Allergies/Medications: _____

PARENT PERMISSION FORM

I hereby authorize the camp staff to act for
me according to their judgment in any
emergency requiring medical attention and
I hereby waive and release Orland High
School and employees from any and all
liability from any injury or illness while at
camp. I have no knowledge of any physical
impairment which would be affected by the
above named student's participation in the
camp program outlined. I understand this
camp contains strenuous activity.

Parent: _____
Date : _____

Why Attend the Camp?

- ◆ Fundamentals Stressed
- ◆ Experienced and Qualified Staff
- ◆ Position Instruction Opportunities
Each Night
- ◆ Learn the Latest Advanced
Techniques and Strategies
- ◆ One-on-One Instruction
- ◆ Spend Quality Time With Your
Team and Coaches

**OVER 12 HOURS OF GREAT
INSTRUCTION!!!**

GUEST COACHES:

**Paul Golla: Bakersfield High
School - Head Coach
2005 + 2007 - CIF Central
Section Champions
2010 - Section Runner-ups**

**Pete Rielhman: Former
Head Coach for CSU Chico,
University of Utah, and
Weber State.**

Players Need to Bring:

Full gear: including helmet,
shoulder pads, jersey, cleats, pants
and girdle with all pads, socks, and a
mouth piece.