



## THE CAMP GOAL

The Cosby High School Football Camp's goal is to provide the best possible instruction and knowledge, as well as instill the confidence that goes hand-in-hand with training for the game of football. Campers will have the unique advantage of playing under the watchful eye of high school coaches with the experience, dedication and desire to help young athletes improve and develop their skills.

## CAMP OUTLINE

This is a Non-Contact Camp which will give all players, regardless of their experience or skill level, a chance to improve their skills for the game of football. Head Coach Pete Mutascio and his staff team with area coaches to direct the campers through a variety of agility and position specific drills that will allow them to improve their fundamentals and all-around athletic ability. All campers will have the opportunity to work on both an Offensive & Defensive position. Coaches are also available for Kickers and Long-Snappers. The timing of the camp gives the players a great chance to get into playing shape right before Pre-Season Training Camp!

## YOUTH/JUNIOR HIGH CAMP – AUGUST 2<sup>ND</sup> -4<sup>TH</sup>

Athletes participating in Flag to Senior football for CQL or other area leagues are eligible for camp. Generally ages 6 – 14 yrs old.

## CAMP COST

2010 Camp cost are \$40 per player if paid by July 1. After July 1 the cost will increase to \$50 per player, so register early. SPACE IS LIMITED! There will be NO REFUNDS after the 1st day of Camp!

## CAMP HOURS, LOCATION & REGISTRATION

August 2<sup>nd</sup>- 4<sup>th</sup> - 5:30 pm to 8:00 pm. Camp Registration will be conducted via mail. Applications and payment in full should be mailed to: (please make check payable to Cosby High School)

Cosby High School  
Coach Pete Mutascio – Football Camp  
14300 Fox Club Parkway  
Midlothian, VA 23112

All campers will receive a Cosby Football Camp T-shirt. Drop-Off & Pick-Up will be at the lighted athletic fields at Cosby High School. In the event of inclement weather, Drop-Off & Pick-Up will be at the Cosby High School Gym. **Please call Coach Mutascio at 639-8340 or 366-1039 for additional questions or email Coach Mutascio at [peter\\_mutascio@ccpsnet.net](mailto:peter_mutascio@ccpsnet.net).**

## WHAT TO WEAR

Campers should bring helmets if possible, but they are not mandatory, as well shorts and t-shirts with tennis or football shoes suitable for natural grass. All Campers should bring TENNIS SHOES everyday in anticipation of rain. No Cleats of any kind will be allowed inside! We use high school footballs. If your association/league uses a different ball, feel free to bring one of your choice. Please ensure your association name is on the ball.

## DAILY CAMP SCHEDULE

- 5:30 – 5:50 Team Stretching/Conditioning
- 5:55 – 6:10 Group Offensive Position Agility Stations/Conditioning
- 6:15 – 6:35 Group Offensive Position Instruction
- 6:40 – 6:55 Group Defensive Position Agility Stations/Conditioning
- 7:00 – 7:25 Group Defensive Position Instruction
- 7:30 – 8:00 7 v 7 Scrimmage / Team Work



**COSBY HIGH SCHOOL 2010 FOOTBALL CAMP APPLICATION**

NAME \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE VA ZIP CODE \_\_\_\_\_

HOME PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ CELL PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ HIGH SCHOOL \_\_\_\_\_

OFFENSE POSITION: OL TE QB RB WR K DEFENSE POSITION: DL LB DB  
(Please select one position for both offense and defense & one shirt size)

SHIRT SIZE: YOUTH - S M L ADULT - S M L XL 2XL 3XL  
(Only select one size - Registration must be received by July 1 to receive Camp shirt)

All applications received before July 1 receives a \$10 discount. Total cost for early registration is \$40, the cost will increase to \$50 for those registering after July 1. Remaining balance must be paid by or on the camp start date. Checks should be made payable to Cosby High School. Please indicate player name & parent phone number on all checks. All returned checks will be charged an additional \$25.00 processing fee! Please do not send cash via mail.

**Insurance/Liability Waiver**

The Cosby High School Youth Football Camp and Cosby High School do not provide medical insurance for players. Each player's parent/guardian must sign the waiver form and state their insurance coverage.

Our insurance coverage is with:

\_\_\_\_\_  
Policy Number:  
\_\_\_\_\_

I will accept responsibility for all financial liability incurred by \_\_\_\_\_ (player's name) as a result of an accident or injury while he is a participant in the Cosby High School Youth Football Camp.

Parent/Guardian Signature:

X \_\_\_\_\_ Date: \_\_\_\_\_

