

## Deadlines

Early registration is due **June 5**

Good student discount will **not** be applied after this date for returning students.

Students new to Faith in the summer of 2009 should have registration in by **July 24th.**



FLJHS Football

Coach Ersland

**Phone: 702-233-2301**  
**Cell: 702-439-3532**  
**E-mail:**  
**erslandb@faithlutheranlv.org**

# Faith Lutheran Jr. High

## Football Camp



**2009**

# 2009 FLJHS Football Camp

This year's summer junior high football camp is being planned for the week of July 27th through 31st. The camp will run from 6:00—8:00 p.m. every day.

All boys entering the 7th or 8th grade at Faith this fall may participate.

The camp will address several aspects of growth:

## Football Positions

Daily instruction in both offensive and defensive positions. Techniques for effective play will be taught and reinforced through drills to maximize an athlete's football skills. Participants who have never played football before will receive advice as to which position would best suit their talents.

## Team Play:

We will take time to go over both offensive and defensive formations and plays during this camp. This will give participants a chance to learn our terminology and plays to make practices in the fall easier to understand. We will be able to run our plays in a non-contact scrimmage format to get a feel for them.

## Physical development:

Daily stretching, form running, and moderate conditioning will give participants a jump-start to being in shape for the season. The focus will be improving speed, agility, strength, and power.

## Fun:

The coaching staff will assemble evenly matched teams and stage a touch football tournament to conclude each day of practice.

## Personal Growth:

Coach Ersland will lead a daily Bible lesson based on life lessons learned from football.

## Cost:

\$100 (a 15% discount is given for a 3.0 or higher G.P.A. from previous semester)

# REGISTRATION FORM

## To Register:

1. Enclose a check for \$100 made out to  
FLHS Middle School Football

Or

A check for \$85 and a copy of a 3rd quarter report card and 4th quarter 3 or 6 week grade check showing that the student is maintaining a 3.0 grade point average on a 4.0 scale.

2. Shirt size (adult)— check one

Small \_\_\_\_\_

Medium \_\_\_\_\_

Large \_\_\_\_\_

X Large \_\_\_\_\_

3. phone number to reach you at during the summer: \_\_\_\_\_

4. Name of the participant:  
\_\_\_\_\_

**Medical Release:** I hereby authorize the members of the staff of Faith Lutheran Football Camp to act for me according to their best judgement in any emergency requiring medical attention, and hereby waive and release the camp's personnel and Faith Lutheran Jr/Sr Hs from any liability for any injuries or illness incurred while in camp.

Signature of Parent or guardian:  
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**DETACH THIS LAST PAGE AND  
TURN IT IN TO MR. ERSLAND, OR  
LEAVE IT FOR HIM IN THE FRONT  
OFFICE BY THE DUE DATE (SEE  
BACK)**