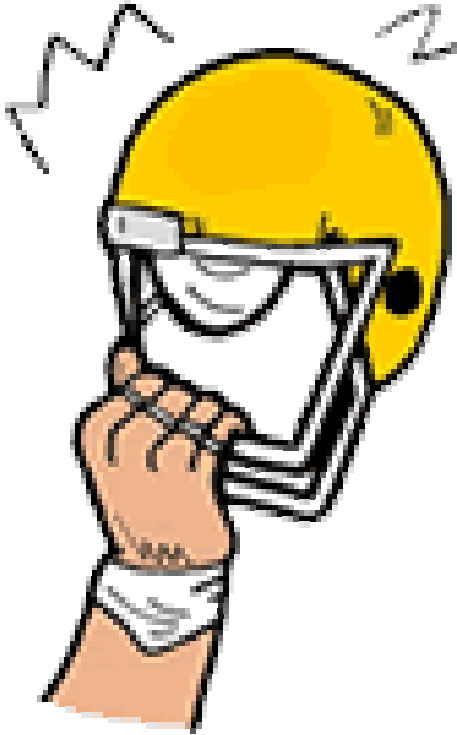


STEVENS FALCONS



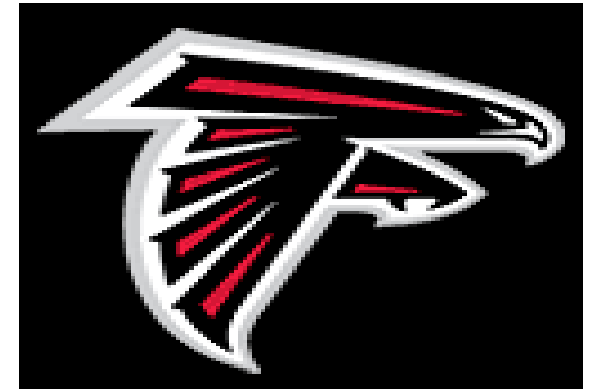
**WE BUILD
CHAMPIONS
STARTING NOW.**

ATTN: CONRAD HERNANDEZ
600 N. ELISON
SAN ANTONIO, TX
78251

J.P. STEVENS HIGH SCHOOL

STEVENS

FALCONS



FOOTBALL CAMP

2008

J.P. STEVENS HIGH SCHOOL

SAN ANTONIO, TX

FOOTBALL CAMP OBJECTIVES

The Stevens Falcon Football Camp will be beneficial to any young person interested in playing football, but particularly future Falcons. The coaching staff from Stevens High School (including Head Coach Lee Bridges) will conduct the camp and provide skill instruction for each participant. The main objective is to learn basic football skills and techniques. All activities are closely supervised with safety in mind. Protective equipment will not be needed. This camp will be an excellent learning opportunity for all involved. The camp will focus on three main areas of instruction:

- 1) **Position Instruction:** Introduction in basic skills and techniques for all offensive and defensive positions.
- 2) **Strength and Conditioning:** Instruction and safety policies for proper weight lifting, speed, and agility drills. Explosive lift techniques and football specific resistance training will also be taught.
- 3) **Nutrition & Drug Education:** Methods for good nutritional habits for the athlete. Program on the dangers of steroid abuse and other illegal performance enhancing drugs.

Who, What, When, Where?

Date: August 4th - August 7, 2008

Place: Stevens High School football field

Time: 9:00 am—10:30 am

Cost: \$ 25.00 Cash, Money Orders, Cashiers Check
(Checks payable to Stevens High School)

Eligibility: Any student going into 6th through 9th grade.

How Do I Register?

Prior to the end of school, Jordan, Luna, or Pease Middle school Boys' Athletic Department will accept registration forms and camp tuition. Registration may also be mailed to Conrad Hernandez @ Stevens High School, 600 N. Ellison, San Antonio, TX 78251. Advanced registration is highly recommended.

Pease Middle School	397-2910
Luna Middle School	397-5360
Jordan Middle School	397-6223
Stevens High School	397-6586

Misc. Information

1. Wear athletic shorts, T-shirt, and athletic shoes(cleats)
2. Leave jewelry and valuables at home .
3. Please arrange to be on time and travel home @ 10:30 AM.

Name

Address

Phone

Emergency Phone

Middle School Attended/ Position

Parent/Guardian Name

- T-Shirt size
- X-Small
- Small
- Medium
- Large
- X-Large
- XX-Large

Waiver: I have read the information regarding the Stevens High School Football Camp. I hereby give permission for my child to participate in the SHS football camp. I agree not to hold Northside I.S.D., Stevens High School personnel, or any member of the SHS Football camp responsible in case of accidental injury incurred at the camp. If, in the judgment of any representative of the camp, the above child should need immediate care or treatment as a result of an injury or illness, I do hereby request, authorize and consent to such care and treatment as may be given said by any physician, trainer, nurse, or camp representative. I do hereby agree to release the camp and any school representative from any claim by any person on account of such care and treatment of said child.

Signature of Parent/Guardian:

Date : _____ Amount Enclosed:\$ _____