

Registration Form:

Camper's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____

Age: _____ Current Grade: _____

School: _____

T-shirt Size: S M L XL 2XL Youth/Adult

Off Position: (Circle 1) QB RB TE OL WR

Def Position: (Circle 1) CB Safety LB DL

Parent's Name: _____

Email: _____

Emergency Contact: _____

Emergency Phone: () _____

Family Physician: _____

Family Physician Phone: () _____

List any medical conditions/medications:

Please check week (s) attending:

- June 21-24, 2010 5:30pm – 8:15pm
held William Paterson University
- June 28- July 1, 2010 5:30pm – 8:15 pm
held at Our Lady of Sorrows School
- July 12-16, 2010 9:30am – 3:00pm
held at Our Lady of Sorrows School

Please note that payment on the 1st day of camp
must be made in cash or money order.

PLEASE MAKE CHECK PAYABLE TO:

**JF CAMPS, LLC
40 B PARKVIEW COURT
WHITE PLAINS, NY 10603**

PLEASE MAIL THIS SECTION ONLY

Dear Campers and Parents:

It is with great enthusiasm that I welcome you to the JF Camps Instructional Non-Contact Offense/Defense Football Camps.

During the past 13 years as President of JF Camps, I have been busy teaching children the fundamentals of football through individual and group work. As a father of a young boy and twins, I understand the importance of nurturing and developing. The work ethic, teaching and skill development that we used for our past campers will continue to be utilized this year.

As I begin my 14th year of organizing football camps, the joy and excitement of camp is upon us. The formula for success is that we provide is **individual attention, repetition, and team play**. Your son is not a number. We afford your son the opportunity to improve by week's end.

Enrollment is limited to the first 75.

We begin a partnership with William Paterson University this summer as well continue one at Our Lady of Sorrows School.

Jerry Flora

President/Camp Director

Parent's welcome on Fridays

An award ceremony will be held 45 minutes prior to the end of the camp on the last day.

JF Camps, LLC



“14th Big Year”

Camp Director

Jerry Flora

Head Football Coach

William Paterson

University

New in 2010

4 Day – extended hour camps

Offense/Defense

Football Camps

Youth = Boys grades Kindergarten to
Graduating 8th grade

June 21-24, 2010 5:30pm – 8:15pm

Night Camp at William Paterson University
Wayne, NJ (40 min drive from White Plains)

\$125 – Returning Camper - \$140 new camper

June 28- July 1, 2010 5:30 p.m. – 8:15 pm

Night Camp at Our Lady of Sorrows School

\$125 – Returning Camper - \$140 new camper

July 12-16, 2010 9:30am – 3:00pm

Day Camp at Our Lady of Sorrows School

\$225 returning campers - \$240 new camper

Get more for your buck with extended drop off times

2009 JF Camps Coaching Staff

Bob Blume – Iona Prep High School
Jerry Flora – HFC – William Paterson University
Erik Scott – WR - William Paterson University
Ethan Jerks – DL – William Paterson University
Chadd Braine– DC–William Paterson University
Chris Palatucci – Stepinac High School

Training Staff

Allison Banca – W. Paterson Graduate (AT)
Samantha James – Dominican College (AT)
Jennifer Rivera – Dominican College (AT)

Camp Counselors

JF Camps past campers
Local college players
Local high school players

Past Guest Speakers

Charles Way – Direct. Play Dev – NY Giants
Mike O'Donnell – Head Coach – Stepinac
Brian Burd – WPU Football Def. Lineman
Lew Porchiazzo – WPU Football O. Lineman
Wilky Brazil – D-Line – NJ Gladiators
Tom Leyden – NY Sports Hour – WABC Radio
Lou Dirienzo – Head Coach – N. Rochelle HS

Awards

Campers are rewarded for individual contest winners, most improved and most valuable for each week attended. Everyone receives a t-shirt as well as goodies for each week attended.

Location

Our Lady of Sorrows School – White Plains
William Paterson University – Wayne, NJ

Competition

The campers are categorized by skill and age for their respective fundamental station groups and teams.

Typical Night Camp Schedule

5:00 – 5:30 pm	Drop Off/Free Time
5:30 – 5:40 pm	Stretching/Warm Ups
5:40 – 6:00 pm	Individual Drills - Offense
6:00 – 6:20 pm	Group Work - Offense
6:20 – 6:35 pm	Team Time - Offense
6:35 – 6:50 pm	Testing/Games/Speakers
6:50 – 7:10 pm	Individual - Defense
7:10 – 7:30 pm	Group Work - Defense
7:30 – 7:45 pm	Team Time – Defense
7:45 – 8:05 pm	Air Force Football/Flag Tag
8:05 – 8:15 pm	Announcements
8:15	Pick Up

Typical Full Day Camp Schedule

9:00 – 9:30 am	Drop Off
9:30 – 9:45 am	Stretching/Warm Ups
9:45 – 10:05 am	Individual - Offense
10:05 – 10:25 am	Group Work - Offense
10:25 – 10:45 am	Team Time – Offense
10:45 – 11:00 am	Testing/Games/Speakers
11:00 – 11:30 am	Flag Football Games
11:30 – 12:00 am	Lunch Time
12:00 – 1:00 pm	Supervised Free Time
1:00 - 1:15 pm	Stretching/Warm Ups
1:15 – 1:35 pm	Individual - Defense
1:35 – 1:55 pm	Group Work -Defense
1:55 – 2:15 pm	Team Time – Defense
2:15 – 2:30 pm	Testing/Speakers
2:30 – 3:00 pm	Tourney Time
3:00	Announcements/Pick Up

Night Camp Drop Off Times

2009 Drop Off – 5:30 p.m.

This Year - 5:00 p.m.

Day Camp Drop Off Times

2009 Drop Off – 9:30 a.m.

This Year - 9:00 a.m.

Please Return Only

This Section

Please keep the rest of this Application form for your files.

Any announcements will be posted on the web site:

www.jfcamps.com

Contact Jerry Flora for
Discounted Rates for Groups
of 2 or more
914-552-1877

Tuition

Night Football Camps - \$140.00
Day Football Camps - \$240.00

Returning campers receive a discount
Night camps - \$125.00
Day Camps - \$225.00