

Registration Form:

Camper's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____

Age: _____ Current Grade: _____

School: _____

T-Shirt Size: S M L XL 2XL Adult

Offensive Position:

O-Tackle O-Guard O-Center

WR QB RB TE

Defensive Position:

D-End D-Tackle

CB FS SS LB

Parent Name(s): _____

Email: _____

Emergency Contact: _____

Emergency Phone: () _____

Family Physician: _____

Family Physician Phone: () _____

List any medical conditions/medications:

Sign up online at www.jfcamps.com

Or

PLEASE MAKE CHECK PAYABLE TO:

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



Jerry Flora
(Former Head Football Coach)
William Paterson University



JF CAMPS LLC

PRESENTS LINDBERG FLORA YOUTH FOOTBALL CAMP

Camp are held at
White Plains High School
White Plains, NY
Loucks Field

Grades K – 8

June 24, 25, 26, 27
6:00 – 8:15 pm

Non Contact Instructional
Football Camp

For more information
Visit
www.jfcamps.com

Fee - \$110 for week

Training Staff

Certified athletic trainers on site at all times

Guest Speakers

There will be guest speakers to discuss the game of football

Awards

Awards will be given out the last night of practice. Everyone receives a T-shirt.

Competitions

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

Typical Night Camp Schedule

5:00 – 5:55 p.m. Drop Off/Warm-Up

6:00 – 6:20 p.m. Stretching

6:20 – 6:45 p.m. Individual Drills

6:45 – 6:50 p.m. Water Break

6:50 – 7:10 p.m. Testing/Goup

7:10 – 7:30 p.m. Individual

7:30 – 7:35 p.m. Water Break

7:35 – 7:50 p.m. Group

7:50 – 8:10 p.m. Team Play

8:15 p.m. Wrap Up
Announcements
Pick Up

Nigh Camp Drop Off Times

5:30-5:55 p.m.

You will be sent a receipt and details for the camp once you have paid.

This Section

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

Any announcements will be posted on the website:

www.jfcamps.com

Registration Dates

Deadline for all camps is one week prior to start of camp

If you register on the day of the camp, payment is cash or money order only unless other arrangements have been made

**Questions – Contact Jerry Flora
914-552-1877**