

# YOUTH FOOTBALL CAMP AUGUST 5<sup>th</sup> – AUGUST 8<sup>th</sup>

The Astoria High School Football Coaching Staff will be conducting a four-day football camp for any students entering the Kindergarten through 8<sup>th</sup> Grades for this upcoming 2019 – 2020 school year. Camp times are 5:00-6:30 P.M. each night with “DAY of CAMP” registration beginning at 4:45 P.M. Pre-registration is required by Friday, July 26<sup>th</sup> to ensure a camper receives the proper size of his/her t-shirt. To pre-register for this camp, please use the REGISTRATION FORM located in the Astoria High Main Office, 1001 West Marine Drive, or the REGISTRATION FORM located on the Astoria High Football webpage: [astoria.k12.or.us](http://astoria.k12.or.us) and return to the attention of AHS Head Football Coach, Howard Rub, at 1001 W. Marine Drive, Astoria, or via fax, 503.325.2891, or the form can be sent electronically to Coach Rub’s email address: [hruh@astoriak12.org](mailto:hruh@astoriak12.org).

**Cost is \$30.00 per individual or \$50.00 per family.** Camp fee includes a t-shirt and free admission to the AHS Football Commitment Camp the following week for Astoria Middle School Football Players.

Camp instruction will include but not be limited to, individual technique of all offensive, defensive, and special team positions, recommended nutritional training, off-season and in-season training, the importance of goal setting, and the importance of team building. Camp will also be led by the guidance of AHS senior student-athletes and many current and former AHS football players will serve as guest coaches.

Checks should be made payable to Astoria Football. *Interested persons that may have a financial hardship should contact Coach Rub immediately.* The camp location is **CMH FIELD**. Campers may only drink water on the artificial field. Also, campers **cannot** wear a metal cleated shoe on the artificial field.

**Campers should wear a cloth short and t-shirt, and a non-metal cleated pair of shoes. However, a regular athletic shoe (gym/tennis/etc.) will suffice on the artificial surface. If you have questions or concerns with regard to this camp, please contact Coach Rub via phone at 503-298-9419, or via email at [hruh@astoria.k12.or.us](mailto:hruh@astoria.k12.or.us).**

## ASTORIA YOUTH FOOTBALL CAMP

NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

Grade Level: \_\_\_\_\_

T-Shirt Size: ADULT or YOUTH

**PLEASE CIRCLE above and below.**

S      M      L      XL      XXL      XXXL

### STATEMENT OF PARENTAL PERMISSION TO PARTICIPATE:

I, \_\_\_\_\_, as legal guardian of the above mentioned youth, give permission for his/her participation in the Astoria Youth Football Camp. Furthermore, I can make assurances that he/she has no health problems that would interfere with his/her participation in this non-contact camp. If an injury were to occur as a result of my son’s/daughter’s participation in this camp, my son/daughter has medical insurance to cover such an accidental injury and I assume all liability with regard to his/her participation.

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE