

Parent/Player Coach Meetings

I will be conducting individual player/parent meetings the weeks of June 17th & June 24th. Please contact me via email at hruh@astoriak12.org or via cell phone, 503.298.9419, or at Astoria High School, 503.325.3911. This meeting may take place in my office at Astoria High School or at your home. Please let me know what day and time is most convenient for you. I would like to discuss the goals and expectations of our program. This meeting should last between 20 – 30 minutes. Thank you for understanding the importance of having good communication. I believe this is one of the keys to any success our players will have with respect to their experience in our program. I look forward to discussing this and any other issues you may have during these meetings. Thank you.

SUMMER CONDITIONING & WEIGHT TRAINING

The football program will be utilizing a summer program very similar to Oregon State University's for the purposes of summer conditioning & weight training. Our program is designed to help our players achieve success on the gridiron. However, these out of season workouts are recommended for all sport training as core strength and conditioning are the foundation of this program. Hence, we will train sport specific for football. There is no cost to utilize our summer program. Weight training, plyometric training, and speed training will be the points of emphasis during this seven-week training period. Members of Astoria School District's Physical Education Departments will be giving their expertise as instructors throughout the nine-week training session. The dates and times this training will be made available is: **Monday through Thursday, opening at 9:00 A.M. beginning on Monday, June 17th and ending Thursday, July 25th. Workouts are typically one hour in length. (Please note the weight room will be closed on Thursday, July 4th for the observance of Independence Day.)**

Benny's Football Camp – CAMP ASTORIA Skills Camp July 15-18

The football coaches would like to have a minimum of fifteen players from our lower level program (FRESHMEN & SOPHOMORES) attend this SKILLS Camp designed for ***ALL*** DBs, LBs, WRs, QBs, and RBs. **(Our Linemen will attend a separate skills camp this summer.)** This is a great opportunity for our players to receive instruction from not only our staff, but also from highly respected high school and college coaches from the entire northwest. The experience will also help give our program a “jump start” and a “head start” on what we hope will be a very memorable season. Unfortunately, attending a SKILLS Camp has a cost of operation. Cost of the Skills Camp this year is \$130.00, which includes two t-shirts, a pair of shorts, and all meals beginning with lunch on Monday, June 15th thru breakfast on Thursday, June 18th. **I have attached detailed information with regards to this camp.** Importantly, Benny's Football Camp will need to receive an amount of \$65.00 per player by June 10th. **Hence, I am asking all money and registration material be given to me by Monday, June 7th.** All meals will be on campus. *Incoming freshmen are encouraged to participate. All players at the camp will participate with players of the same size, age, and experience.* Please feel free to contact Coach Rub at the high school at 503.325.3911 or via email at hruh@astoriak12.org, if you have other questions or concerns with regard to this camp. If possible, players should give their registration information to Coach Rub at the 8th GRADE CAMP scheduled for June 5th. *{Please see the article on the next page with regard to the upcoming 8th Grade Camp.}* If a player is interested in attending, please do not allow money to be an issue. A player that may be in need of financial help to participate in such a camp should contact Coach Rub immediately. **(The Camp Fee of \$130.00 or the initial payment of \$65.00 should be made payable to Benny's Football Camp.)** Camp brochure and registration is attached to this document.

VARSDITY TEAM REQUIREMENTS TO PLAY IN 2019

- I. JRs & SRs: **600 LB CLUB** – COMBINES BENCH, FRONT SQUAT & CLEAN
SOPHs: **500 LB CLUB** – COMBINES BENCH, FRONT SQUAT & CLEAN
- II. EARN 300 POINTS as described on the next page

There are no minimum requirements to play on the FR/SOPH TEAM.

2019 FR/SOPH GAME SCHEDULE

MONDAY	SEPT. 9	@ SCAPPOOSE	6:00 P.M.
MONDAY	SEPT. 16	@ STAYTON	TBD
MONDAY	SEPT. 23	vs ESTACADA	5:00 P.M.
MONDAY	SEPT. 30	@ SEASIDE	6:00 P.M.
MONDAY	OCT. 7	@ BANKS	6:00 P.M.
MONDAY	OCT. 14	vs TILLAMOOK	6:00 P.M.
MONDAY	OCT. 21	@ MOLALLA	5:00 P.M.
MONDAY	OCT. 28	vs WARRENTON	6:00 P.M.

REQUIREMENTS TO BE A CAPTAIN IN 2019

- COMPLETE 2019 APPICATION (please see attached)
 - MEET VARSITY WEIGHT TRAINING REQUIREMENTS
 - HAVE EARNED 300 POINTS
 - ELIGIBLE TO PLAY IN THE 1ST CONTEST AND/OR JAMBOREE
- *PLAYERS WILL VOTE FOR CAPTAINS DURING COMMITMENT CAMP*

The Points System

You may have heard something about the football program's point system. We have found that "trust" is an important element of championship teams. Hence, we have copied a successful program utilized by Coach Craig Ruecker at Glencoe High School in Hillsboro, Oregon. The importance of the point system is that when a player is positioned next to a teammate during a Varsity game next season, they both know that each has made a commitment to doing their best to help the team have success. *Importantly, we have added many different ways to earn points since the original points list. The following is a current list of how a player may earn points:*

To be eligible to participate in Friday night games for the 2019 football season all participants must earn 300 "out off season" points. If a player is new to Astoria High School, then 100 points are necessary before he can play in a Friday night game. The point system is as follows:

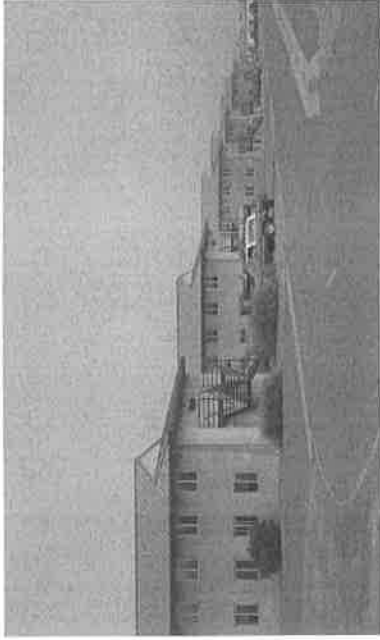
75 points	for any other AHS sport played
50 points	if your cumulative or semester or quarter GPA is 3.5-4.0
25 points	if your cumulative or semester or quarter GPA is 3.0-3.49
02 points	for each day of attendance of out of season conditioning and/or weight training
10 points	for attending our AWARDS NIGHT
30 points	for attending OUR team camp
15 points	for attending an individual out of season football camp
02 points	for every hour worked helping with BXB Tournament(s) or any other fundraiser or community service project or camp
01 point (08 points if we travel)	for each 7 on 7 practice or scrimmage attended
10 points	for each night of participation during COMMITMENT CAMP (Monday, August 6th - Thursday, August 9th)
02 points	for in season "extra" conditioning done after practice - "One Pup"

Participants that have already earned 300 points or more will not be required to do extra conditioning once we start official practice next August. I believe it is extremely important to reward those individuals that understand the importance of showing up in August in shape.

Players will be notified of their point status on the 19^h of August when they report!!!!!!!!!!!!!!

"CHAMPIONS ARE MADE, NOT BORN"

Great Camp Facilities



Camp Rilea Team Football camp is set up to allow schools from Oregon and Washington to participate in a camp that offers teams:

1. Passing League competition.
2. Linemen Challenge competition.
3. Individual and team speed, agility, and strength competition
4. Match up scrimmages.
5. OSAA Officiated Super Scrimmage.

Team prepares to start obstacle course

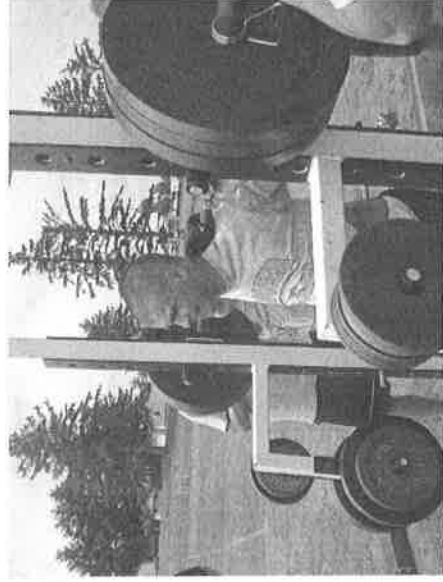


Players get help from coach!

Supplies needed at camp!

1. Sleeping bag
2. Pillow
3. Football gear
4. Spending money (concession)
5. Personal lock (not required)
6. Any personal supplies

Player works hard on the squat.



Camp Highlights

1. Astoria, Seaside ideal weather
2. 2018 14 teams out of 22 in State Playoffs
3. Great summer time weather conditions
4. Individual & Team awards night
5. Three nights & four days at a cost of only \$150.00 per player. (\$130.00 commiter)

Benny's FB Camp

CAMP ASTORIA

Session July 15-18

Player watch and offer support!



RELEASE OF LIABILITY FOR MINOR PARTICIPANTS READ BEFORE SIGNING

IN CONSIDERATION OF _____, my child/ward, being allowed to participate in any way in the Benny's Camp Rilea Team Football Camp related events and activities, the undersigned acknowledges, appreciates, and agrees that: 1) The risk of injury to my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2) FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and, 3) I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and, 4) I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Benny's Camp Rilea Team Football Camp its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. 5) I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE to the fullest extent permitted by law

HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

(PARENT/GUARDIAN SIGNATURE) (PRINT NAME) Date Signed

UNDERSTANDING OR RISK

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

(PARTICIPANT SIGNATURE) (PRINT NAME) Date Signed

T-Shirt Sizes:(circle one) S M L XL XXL XXXL

EMERGENCY INFORMATION & CONSENT

Athlete's Name: _____ Parent's Name: _____

Address: _____

Home Phone:(____) _____ Work Phone:(____) _____ Email _____

Family Medical Insurance:

Carrier: _____ Group: _____

Policy #: _____ Group#: _____

Allergies (list): _____ Medical Conditions (list): _____

We the undersigned agrees that their likeness, or the likeness of their child/ward may be photographed or videotaped and that such image may be published in an outlet used to promote or publicize the sports program

I/we hereby grant consent to any and all health care providers designated by: Benny's Camp Rilea Team Football Camp to provide my child _____ (name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation to/from health care providers.

Date: Parent's Signature

Bruin Gridiron Individual Camp

Dates: June 28-29, 2019

EXPECTED DAILY SCHEDULE

TIME	ACTIVITY
FRIDAY JUNE 28TH	
12:30 PM	Check-In
1:30 PM	Orientation
2:00 PM	Practice Session
4:00 PM	Leadership Building Activity
5:00 PM	Dinner
6:30 PM	Practice Session
8:30 PM	Game Activity
9:30 PM	Camp Store
11:30 PM	Lights Out
SATURDAY JUNE 29TH	
8:00 AM	Breakfast
9:00 AM	Leadership Building Activity
10:00 AM	Practice Session
12:30 PM	Camp Luncheon & Awards

The George Fox Bruin Football coaching staff will enhance your abilities and help develop your skills in:

- Offensive position/Group Fundamentals
- Defensive position/Group Fundamentals
- Speed/Strength Development
- Leadership/Success Skills



CAMP DIRECTORS

John Bates Ken Ingram
503-344-2911 503-344-2909

QUESTIONS

bruingridiron@gmail.com

- **Registration:** Check-in will take place in the Duke Athletics Facility. Registration and Release form must be fully completed for the athlete to attend the camp.

**We will close registration at 20 players per position (OL, TE, WR, DL, LB, DB) and 10 players at QB.

- **Items to Bring:** all athletes will be provided a mattress but will be responsible for bringing items for overnight stay, including: pillow, sleeping bag/bedding, toiletries, towel, sunscreen, and clothing for non-practice time.

- **Football Equipment:** campers will need to provide all necessary equipment for two days of non-contact drills, including helmet, practice jersey, & cleats.

- Certified athletic trainers will be present during the duration of the camp.

- **Supervision:** the camp staff reserves the right to dismiss anyone who displays unacceptable behavior during the camp. There will be no refund for expulsion or voluntary withdrawal from the camp.

- **Check Out:** June 29th before luncheon

PRE-REGISTRATION COST
\$130

AFTER JUNE 1ST COST
\$140



BRUIN GRIDIRON INDIVIDUAL CAMP 2019



JUNE 28-29



GEORGE FOX UNIVERSITY

The Astoria High Coaching Staff is hopeful as many of our **offensive and defensive linemen** can attend this weekend camp at George Fox University. Cost is \$130.00. We will help car pool our participants in order for our younger players to attend. Please do not hesitate to contact me if you would need financial assistance to send your student-athlete to this camp. Please contact me via email, hruh@astoriak12.org, or via cell phone, 503.298.9419 if you have other questions or concerns about attending this camp. I have attached a hard copy of the registration form for this camp at the back of this newsletter. Thank you. More information about this camp can be found at the following website: https://athletics.georgefox.edu/sports/fball/Football_Camps

ABOUT OUR SUMMER CAMP RECOMMENDATIONS IN PLAIN SPEAK:

We believe our student-athletes will get the most “bang for their buck” but separating our lineman from our backs this summer. We believe the BACKS: WRs, RBs, QBs, DBs, LBs will make gains this off season by attending “Camp Astoria” and we believe our LINEMEN: OL & DL will be better served by attending this relatively affordable weekend linemen camp. We look forward to seeing **ALL incoming FRESHMEN** on June 5th for our 1 day camp.

Campers Name _____ Cell Phone _____ T-Shirt Size M L XL XXL
 Address _____ City _____ State _____ Zip _____
 School Name _____ Coaches Name _____ Grade in School Fall of 2019 _____
 Name of Mother or Guardian _____ Cell Phone _____
 Name of Father or Guardian _____ Cell Phone _____

Make Money Order & Checks out to
 Bruin Gridiron Individual Camp

Mail Registration, Release Form, &
 payment to:
 Bruin Gridiron Individual Camp
 414 North Meridian Street
 Newberg OR 97132 Credit Card # _____

Position to be played at camp (list one): _____
 Please list any restrictions and/or health problems we should be aware of _____
 Email Address _____ Expiration Date _____ CVV _____
 Credit Card Zip Code _____

Bruin Gridiron Individual Camp Consent and Release from Liability

Part 1. Participant Acknowledgement and Release (to be signed by participant).

I have read the eligibility rules to participate in athletics and know of no reason why I am not eligible to participate safely in athletic competition. I agree to follow the rules and to abide by the decisions of the camp leaders. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, and even death, is possible in such participation, and chooses to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. Should I be 18 years of age or older, or should I be emancipated from my parent(s)/guardian(s), I release and hold harmless the camp, coaches, camp leaders, the school facilities in which it is being held, any contest officials, Bruin Gridiron Individual Camp and George Fox University of any and all responsibility and liability for any injury or claim resulting from such participation and agree to take no legal action against Bruin Gridiron Camp and George Fox University because of any accident or mishap involving my participation. I further hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. I understand that this authorization is voluntary and that I may revoke it at any time by submitting the revocation in writing to the camp leaders.

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE.

Date: _____ Signature of Student: _____
 Name of Student (printed): _____

Part 2. Parental/Guardian Consent, Acknowledgement and Release (to be completed and signed by all parents/guardians; where divorced or separated, parent/guardian with legal custody must sign).

- A. I/we hereby give consent for child/ward to participate in Bruin Gridiron Individual Camp.
- B. I/we consent and authorize the use or disclosure of my child's/ward's individually identifiable health information should treatment for illness or injury become necessary. I/we understand that this authorization is voluntary and that I/we may revoke it at any time by submitting the revocation in writing to the camp leaders.
- D. I/we know of and acknowledge that my child/ward knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for his/her safety and welfare while participating in athletics.
- E. With full understanding of the risks involved, I/we release and hold harmless the camp, coaches, camp leaders, the school facilities in which it is being held, any contest officials, Bruin Gridiron Individual Camp and George Fox University of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against Bruin Gridiron Camp and George Fox University because of any accident or mishap involving the participation of my child/ward.
- F. I/we further authorize emergency medical treatment for my child/ward should the need arise for such treatment while my child/ward is under the supervision of the camp.
- G. I/we understand that Bruin Gridiron Individual Camp and George Fox University **REQUIRES** that all participants maintain comprehensive medical insurance for student injuries and we have such coverage in place.
- H. Please check box: My/our child/ward is covered under our family health insurance plan.

Health Plan/Insurance (e. Regenetec, Kaiser, Providence, etc.): _____ Group Number & Policy Number: _____

I/WE HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE OF LIABILITY FOR BRUIN GRIDIRON AND GEORGE FOX UNIVERSITY FOR INJURY TO PARTICIPANTS.

Date: _____ Signature of Parent/Guardian: _____
 Name of Parent/Guardian (printed): _____