

APEX PRESENTS

HFL YOUTH FOOTBALL / YOUTH WRESTLING CAMP

JULY 25th-28th

Attend 1 or BOTH for a full day of Sport Related Skills, Drills, and Games

Apex Football Camp Staff

John Russ, HF-L Physical Education Teacher, Assistant Varsity Football Coach (Defensive Coordinator). *E: John_russ@hflcsd.org*

Jim Arrigenna, HF-L Health and Physical Education Teacher, Assistant Varsity Football (Coach Offensive and Defensive Line).

***With the assistance of our HF-L Football Student/Athletes**

Camp Goals

- Introduce & develop the fundamental techniques of football for all positions. Coaching will be provided by the High School Football staff with the assistance of their student athletes.
- Teach the following skills: Passing & Catching, Route Running & Blocking, Other Offensive/Defensive Techniques and Strategies
- Encourage self-confidence and a positive attitude toward the sport of football.
- Stress the importance of sportsmanship, integrity, and teamwork.
- Promote fun in a physical setting while focusing on learning.

Location: Varsity Field (Turf)

Eligibility: All students entering grades 2-8 for the 2011-12 school yr.

*****No experience necessary*****

Groupings: Campers will be grouped by grade level.

Time: 8:30 am - 11:30 am

Cost: \$75, includes a T-shirt

What to Bring: Sneakers or Cleats, t-shirt, & shorts.

Apex Wrestling Camp Staff

Jason Bovenzi, Physical Education Teacher, Varsity Wrestling Coach, Pittsford Central Schools. *E: Jason_bovenzi@pittsford.monroe.edu*

Keith Pittinaro, Physical Education Teacher at Sutherland HS Coach, Pittsford Central Schools, 2x Section V Champion, NYS Place-Winner.

E: Keith_pittinaro@pittsford.monroe.edu

Matt Nentarz, Elementary Physical Education Teacher at Spencerport Central Schools, Sectional Finalist, All-County, All-League

***Exemplary Apex Alumni will also assist in instruction & supervision.**

Camp Goals

- ▲ Teach & reinforce the basic skills and fundamentals of wrestling while gradually progressing into higher levels of technique
- ▲ Encourage self-confidence and a positive attitude towards the sport of wrestling
- ▲ Stress strategies & techniques that have been proven to be successful for all wrestlers
- ▲ Promote fun in a physical setting while focusing on learning.

Location: HF-L Gym

Eligibility: All students entering grades 2-8 for the 2011-12 school yr.

*****No experience necessary*****

Groupings: Wrestlers will be grouped by age & experience level.

Time: 12:00 pm - 3:00 pm

Cost: \$75, includes a T-shirt

What to Bring: Sneakers, t-shirt, & shorts. Wrestling shoes are recommended, but not required.

Parents please note that both camps are an option for your son for a cost of \$130.

Should they choose the option to attend both camps, instruction will take place from 8:30-3pm with a 30 minute break for lunch.

NYS Certified Teachers will be instructing and supervising your child throughout the day providing them

With sport specific instruction and meaningful game experiences.

The Wrestling & Football programs are excited about providing this option to our students.

******Family Discounts: ADD ANY NUMBER OF SIBLINGS FOR a flat fee of \$50 TOTAL******

For any questions: Jason Bovenzi – c: 802-5799

Camp Options: 1Morning Session (Football)-\$75 2**Afternoon Session (Wrestling)- \$75**
3Both Sessions (Football & Wrestling) \$130**

Register at: www.ApexWrestling.net OR Make Check Payable & Mail to: Apex Wrestling, 20 Hopper Hills Way – Mendon, NY 14506

Athlete Name: _____ Parent or Guardian: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone Number: _____ Cell Number _____
 Birth date: _____ Age: _____ Grade: _____ School: _____
 Shirt Size: Youth: S M L Adult: S M L XL 2XL Weight: _____ Yrs. Experience: _____
 Person to notify in case of emergency: _____ Phone # _____
 Allergies/Medications: _____ Insurance Provider: _____ Policy # _____
 Parents Email Address: _____

*Neither Pittsford Lacrosse or Apex Wrestling nor their staffs assume responsibility for accidents or medical expenses incurred as a result of participation. All athletes must assume responsibility for any medical expenses incurred. I have adequate medical coverage and insurance and give my child permission to attend the Apex Wrestling Youth Camp and or Pittsford Youth Lacrosse Camp and I agree to indemnify Apex Wrestling and Pittsford Lacrosse and its employees for any claim which may hereafter be presented by my child as a result of any such injuries.

Parent/Guardian's Signature: _____ **Date:** _____

Check # _____ Amount \$ _____ Cash \$ _____