

West Side Football Team Camp 2023



**Monday
August 7th
Thru
Wednesday
August 9th**

**Varsity/JV
6:00-8:00pm**

**OLYMPIA
HIGH SCHOOL**

Please arrive early on Monday if you are not pre-registered. Only cash will be accepted after August 5th

Camp Staff

Rich Lipani Hilton
Dan Fichter Irondequoit
Bobby Bates McQuaid
Steve Flagler East
James Van East
Brian Shonitsky Arcadia
Anthony Bianchi Penfield
Isiah Young U Prep
Bob Cesarano Oly/Ody
Chad Green Eastridge
Brian Hugelmaier Spencerport
Joe Montesano RH

- Please bring labeled water bottles.
- Arrive no sooner than 5:40 and departure has to be immediate.
- Please Park behind Olympia High School



For more information contact the Head Varsity Football Coach at your school.



Areas of Instruction

Quarterbacks: proper throwing technique, stance, dropping back, play action, sprint out passing, ball handling, and reading defenses.

Receivers: ball handling, stance, receiving techniques, route running, and reading coverage.

Running Backs: ball handling, stance, run and pass blocking, pass receiving, and reading blocks

Offensive Lineman: stance, starts, run and pass blocking, pulling, and trapping.

Defensive Line: stance, alignment, key reads, passes rush, run and pass defense, pursuit and tackling.

Linebackers and Secondary: alignment, stance, proper position, pass coverage, pursuit and tackling

Camp Objective

- The objective of this camp is to provide an opportunity for players to experience the offensive and defensive aspects of football. Emphasis will be on providing each participant with football fundamentals.
- Participants will be wearing **school issued** helmets and shoulder pads. Mouth guards and cleats are also required. No lower body gear is needed. Contact will be “upper body only” with emphasize on control and safety.
- Note: This camp will not provide equipment for players!
- Camp will be held at
Olympia High School
1139 Maiden Lane
Rochester NY
14615
- Direct Inquiries to the
Head Varsity Football Coach
at your school.

**ADDITIONAL SUMMER
CAMPS PLEASE VISIT**

<https://gsathletic.wixsite.com/gspathletics>

Registration Form

Players Name: _____

Address: _____

City/Zip: _____

Home Phone: _____

Parent Name _____

Email: _____@_____

Grade: ____ Level: Varsity or JV

Years at Westside Camp 0 1 2 3 4

School _____ Westside

Medical information coaches should be aware of:

**Registration fee for Camp is \$60.00
(After 8/5/23 Cash ONLY)**

Please send completed forms and check
Payable to G's Athletics to:

**West Side Football Team Camp
565 Raspberry Patch Dr
Rochester, NY 14612**

West Side Football Team Camp

Parent Waiver:

I, the parent/guardian of _____

accept full responsibility for injuries that may occur as a result of participating in the West Side Football Team Camp. I agree and endorse participation with the understanding that the camp directors, coaches and the sponsoring agencies are not liable for injuries/harm or medical expenses.

My child is in good health and has no physical condition/Covid 19 symptoms that would prevent him/her from participating in the West Side Football Team Camp. I authorize the trainer to administer needed first aid and seek medical attention in case of emergency. I hereby acknowledge that I have appropriate medical/accident & dental insurance coverage for my participating child.

Campers are required to provide their own insurance coverage. This camp does not provide accident and health insurance.

Signed: _____

Print: _____

Name of Medical Insurance: _____

Policy
