

2011 DEB BERUBE MEMORIAL FOOTBALL 101 FOR WOMEN

FOR WOMEN AGE 13 AND OVER

This camp will create a fun and relaxed atmosphere which will allow participants to learn some of the basics about the great game of football in a low impact environment. Comfortable attire and tennis shoes are suggested.

When: Saturday, August 6, 2011
6:15-8:30 p.m.

Where: Hillsdale College
Sports Complex
201 Oak Street
Hillsdale, Michigan
(517) 437-7364

Cost: Donations accepted
(All proceeds will go to
The American Cancer Society)

hillsdale.edu/athletics/football

Schedule of Events:

- 6:15 p.m. Registration
Sports Complex South Garage Door
- 6:30 p.m. Welcome and Camp Itinerary
Keith Otterbein, Head Football Coach
 - Learn Offensive and Defensive Structure/Alignments/Positions/Responsibilities
- 6:50 p.m. Flex and Form Run
- 7:00 p.m. Position Skill Instruction (water provided)
10 minutes per position:
 - Quarterback / Wide Receiver Drills
 - Running Back Drills
 - Offensive Line Drills
 - Defensive Line Drills
 - Defensive Back Drills
 - Linebacker Drills
- 8:00 p.m. Explanation of Full Unit Offense and Defense
 - Penalties
 - Play Selection/Calls
 - Questions
- 8:30 p.m. Camp Ends



REGISTRATION FORM

hillsdale.edu/athletics/football



Make check/money order payable to: Hillsdale College Football Camp

PLEASE PRINT OR TYPE:

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Off Pos: _____ Def Pos: _____ Ht: _____ Wt: _____ T-Shirt Size: Adult M L XL

CONSENT AND WAIVER FORM

I hereby appoint the staff of the Hillsdale College Football Camp to authorize medical treatment for me or my child for any injury or illness which may develop during camp. I hereby waive and release Hillsdale College and the camp's staff from any and all liabilities due to injuries incurred while at the camp. I accept full financial responsibility for any medical treatment that may occur.

Participant/Parent or Guardian's Signature

Date

Insurance Company—Policy Number

Hillsdale College Staff Trainers will be on hand to administer emergency treatment, if necessary.

Send to: Hillsdale College Sports Complex, Attn: Keith Otterbein
201 Oak Street, Hillsdale, MI 49242