

## NDP SAINTS PRESEASON SUMMER FOOTBALL WORKOUT CAMP

Each summer, Head Coach Scot Bemis and his staff offer a strength, agility and football camp to all returning players and soon to be Freshman athletes.

Over the course of the program's short existence, this camp has proven invaluable in readying our athletes for the upcoming season.

The Football camp is designed to introduce new players to our offensive and defensive systems while improving their strength and agility before the season. Another added benefit for incoming players is that they have the opportunity to meet their teammates and make connections prior to the school year.



### CAMP SCHEDULE MONDAY THROUGH THURSDAY June 6TH THROUGH JULY 14TH

#### DAILY SCHEDULE:

VARSIITY: 5:30 a.m. to 9 a.m.  
Freshmen: 7: 00 a.m. to 9:30 a.m.  
JV: 7:00 a.m. to 9:30 a.m.

Athletes will begin with stretching sessions and then proceed to do their weight work out and plyometrics. After, each group will be taken out onto the field for terminology introduction and basic football skill development.

#### Notre Dame Preparatory-Attn: Scot Bemis

9701 E. Bell Road  
Phone: (480) 634-8315  
Fax: (480) 634-8299

## NDP FOOTBALL

### SUMMER OF 2011 CAMP PLAYER REGISTRATION INFORMATION FORM

Campers Name: \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Parent's Names: \_\_\_\_\_ Phone/H \_\_\_\_\_ Phone/W \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

#### Camp Registration:

1) You may register by submitting your registration check to Notre Dame Preparatory. (9701 E. Bell Road, Scottsdale, AZ 85260 Reserve your spot by submitting your registration form and fee to NDP (attention: Scot Bemis, NDP Football Camp)

**PAYMENT: \$220.00 MAKE CHECKS PAYABLE TO NOTRE DAME FOOTBALL CAMP.**

NAME OF CAMPER \_\_\_\_\_

PRESENT HEALTH \_\_\_\_\_ PAST INJURIES \_\_\_\_\_

DRUG SENSITIVITIES \_\_\_\_\_ OTHER ALLERGIES \_\_\_\_\_

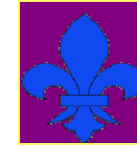
INSURANCE COMPANY \_\_\_\_\_

NAME OF POLICY HOLDER \_\_\_\_\_ POLICY NUMBER \_\_\_\_\_

**PLEASE READ CAREFULLY:**  
 I HEREBY AUTHORIZE THE DIRECTORS OF **NOTRE DAME FOOTBALL CAMP (NDPFC)** TO ACT FOR ME IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION. I AGREE TO ALLOW MY CHILD TO BE TREATED BY A LICENSED PHYSICIAN WHILE ATTENDING NDPFC AND TO ASSUME ALL COSTS RELATED TO SUCH TREATMENT. I WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS I HAVE AGAINST NDPFC OR ITS REPRESENTATIVES FOR DAMAGES WHICH MAY BE SUSTAINED BY THE ATHLETE LISTED ABOVE.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**NOTRE DAME PREP  
 FOOTBALL CAMP  
 BACK TO BACK  
 4A II  
 CHAMPIONS  
 2007 & 2008**



**IT'S THAT TIME AGAIN!  
 WHETHER YOU ARE JOINING  
 THE NDP FOOTBALL FAMILY  
 OR RETURNING, COME READY  
 TO  
 "GET AFTER IT!"**

**2011 SUMMER CAMP  
 CAMP DATES  
 JUNE 6th-JULY 14th  
 MONDAY-THURSDAY**

**CAMP FEATURES**

- ◆ BASIC FOOTBALL FUNDAMENTALS
- ◆ WEIGHT LIFTING PROGRAM AND COACHING
- ◆ PLYOMETRIC EXERCISES TO INCREASE PLAYER AGILITY AND CONDITIONING
- ◆ INTRODUCTION TO OFFENSIVE AND DEFENSIVE TERMINOLOGY AND FORMATIONS

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<p>9701 E. Bell Road          Scottsdale, Arizona 85260          Phone: (480) 634-8315          Fax: (480) 634-8299          E-mail: sbemis@notredamepreparatory.org</p>	