

Name of Athlete _____
 School: _____ Grade: _____
 Mailing Address: _____
 City: _____ State: _____ Zip: _____
 Home Phone: () _____ AGE: _____
 Emergency Contact/Relation: _____
 Emergency Contact Number: _____

Camp Options/Payment:

Residential (overnight w/ 3 meals a day)
 Full Payment \$195.00 - Number of campers = _____

Camp-Out (camp-site w/ 3 meals a day)
 Full Payment \$150.00 - Number of campers = _____

Commuter (lunch and dinner)
 Full Payment \$135.00 - Number of campers = _____

Payment Information:

Check Money Order Enclosed
 Visa MasterCard

Total Amount \$ _____
 Make checks/money orders Payable to SOU Football Camp

Card # _____

Expires: _____

Signature: _____

Insurance
 You must provide a primary insurance carrier. All campers must have primary insurance to attend football camp

Primary Medical Insurance Carrier and Policy Number
 I hereby, authorize the staff of the Southern Oregon University Raider Football Team Camp to act for me according to their best judgment in any emergency requiring medical attention. I also hereby waive and release Southern Oregon University and the staff of the Southern Oregon University Raider Football Team Camp from any and all liability for any injuries sustained while my son is at Camp. I have no knowledge of any physical impairment that would affect my son's participation in the camp.

Name of Company: _____

Policy Number: _____

Parent/Guardian Name (Please Print) _____

Signature of Parent / Guardian _____ Date _____

Signature of Participant _____ Date _____

Mail to:
 SOU Football Team Camp
 1250 Siskiyou Boulevard
 Ashland, OR 97520

COST

Resident - \$195

Costs include instruction, SOU dormitory, meals, and Camp T-shirt.

Camp-Out - \$150.00

Costs include instruction, camp site, meals, and Camp T-shirt.

Commuter - \$135.00

Costs include instruction, meals (not including breakfast), and Camp T-shirt.

Coaches must supply team roster with registration information on each player. For every 15 players registered, meals and housing will be provided for 1 coach from that team.

PLEASE NOTE:

A \$50.00 deposit is due by June 12, 2009 to reserve your spot in the camp.

ELIGIBILITY

Limed to Grades 9 through 12 (must be going into the 12th grade). Campers will be divided into general levels: Junior Varsity and Varsity Levels.

ROOM & BOARD

All campers have the option to either to be housed an SOU Dormitory (Residential), stay on a designated Team Camp Site (Camp-Out), or commute to the camp each morning from their home (Commuter). Campers will be required to bring all bedding and toiletries. All meals feature a buffet (Commuters receive lunch and dinner only). Campers are under constant supervision as coaches live with them while they are at camp.



PHYSICAL EXAMINATION & INSURANCE

Proof of a physical examination dated within the past year is required for all campers before they will be allowed to practice. Also, campers must provide their own medical insurance and insurance card. An athletic trainer is on duty at all times. Please be sure to note any special conditions your athlete might have (asthma, diabetes, etc.) on his registration form.

PASSING LEAGUES / BIG MAN COMPETITION

During the afternoon sessions, skill players will compete in passing leagues while Lineman will compete in a BIG MAN Competition. Awards will be given to the Champion of both the Passing League and the Big Man Competition.

INDIVIDUALIZED INSTRUCTION

Each camper will work with one of SOU's assistant coaches or one of many top Area high school coaches who will help improve his skills. The camp is committed to a planned program of football development, including blocking, tackling, passing, catching, kicking and other specialties, with an emphasis on contact.

This years Raider Football Camp will feature the current Raider coaching staff.

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|--------------------|--|
| Steve Helminiak | Head Football Coach (4 th Year)
Offensive Line |
| Jake Olsen | Offensive Coordinator (4 th Year)
Quarterbacks |
| John Ely | Defensive Coordinator (2 nd Year)
Camp Coordinator |
| Berk Brown | Defensive Line Coach (3 rd Year)
Special Teams Coordinator |
| Damaro Wheeler | Defensive Backs Coach (3 rd Year) |
| Josh Lopez | Linebackers (2 nd Year) |
| Matthew Steinfeldt | Wide Receivers Coach (2 nd Year) |
| Greg Stewart | Running Backs Coach (2 nd Year) |

CAMP SCHEDULE

Sunday 6/21/08

1:30 PM Check-In: McNeal Hall
 3:30 PM Camp Introduction
 4:00 PM Practice #1
 6:00 PM Dinner
 7:30 PM 7 on 7 / Lineman Competition
 9:00 PM Free Time / Team Meeting / Film
 10:30 Lights Out

Monday 6/22/08

7:00 AM Wake Up
 7:15 AM Breakfast
 9:00 AM Practice #2
 12:00 PM Lunch
 2:00 PM Practice #3
 5:00 PM Dinner
 7:00 PM 7 on 7 / Lineman Challenge
 8:30 PM Free Time / Team Meeting / Film
 10:30 PM Lights Out

Tuesday 6/23/08

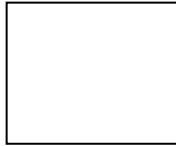
7:00 AM Wake Up
 7:15 AM Breakfast
 9:00 AM Practice #4 / Scrimmage
 12:00 PM Lunch
 2:00 PM Practice #3 / Scrimmage
 5:00 PM Dinner
 7:00 PM 7 on 7 / Lineman Challenge
 8:30 PM Free Time / Team Meeting / Film
 10:30 PM Lights Out

Wednesday 6/24/08

7:00 AM Wake Up
 7:15 AM Breakfast
 9:00 AM Round Robin Scrimmage
 12:00 PM Camp Awards
 12:30 PM Check Out

CAMP CHECKLIST

- | | |
|--|---|
| <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Shoulder Pads |
| <input type="checkbox"/> Practice Jersey | <input type="checkbox"/> Girdle w/ Pads |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Knee Pads |
| <input type="checkbox"/> Football Cleats | <input type="checkbox"/> Thigh Pads |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Belt |
| <input type="checkbox"/> Tennis Shoes | <input type="checkbox"/> Football Pants |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Helmet |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Chinstrap |
| <input type="checkbox"/> Bedding | <input type="checkbox"/> Mouthpiece |
| <input type="checkbox"/> Alarm Clock | <input type="checkbox"/> Spending Money |



SOUTHERN OREGON UNIVERSITY

RAIDER FOOTBALL CAMP

1250 SISKIYOU BLVD.

ASHLAND, OR 97520

2009
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RAIDER FOOTBALL CAMP

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JUNE 21st - JUNE 24th

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SOUTHERN OREGON UNIVERSITY