

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

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

## Commuter - \$135

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

# ROOM & BOARD

All campers have the option to either to be housed in an SOU Dormitory (Resident), 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 the duration of camp.

# ELIGIBILITY

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

# 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 evening 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.



# CAMP LEADERSHIP

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.

Steve Helminiak Head Football Coach (5<sup>th</sup> Year)  
Offensive Line

Jake Olsen Offensive Coordinator (5<sup>th</sup> Year)  
Quarterbacks

John Ely Defensive Coordinator (3<sup>rd</sup> Year)

Berk Brown Defensive Line Coach (4<sup>th</sup> Year)  
Special Teams Coordinator  
Camp Coordinator

Damaro Wheeler Defensive Backs Coach (4<sup>th</sup> Year)

Greg Stewart Running Backs Coach (2<sup>nd</sup> Year)

Walt Bazylewicz Linebackers (2<sup>nd</sup> Year)

Byron Abram Wide Receivers Coach (2<sup>nd</sup> Year)

Matt Adkins Tight Ends Coach (2<sup>nd</sup> Year)

# CAMP SCHEDULE

*Sunday 6/20/09*

- 11:00 AM 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 6/21/09*

- 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 6/22/09*

- 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 6/23/09*

- 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**



# 2010 RAIDER FOOTBALL CAMP

# BATTLE AT THE BORDER



**JUNE 20th - JUNE 23rd**



**SOUTHERN OREGON UNIVERSITY**

**2010**  
**S**

**RAIDER FOOTBALL CAMP**