

MEDICAL RELEASE FORM / HEALTH HISTORY

(Must be completed to attend camp)

Camper's Name _____

Camper's Parent/Guardian _____ Camper's Date of Birth _____

Parent's Daytime Phone _____ Parent's Evening Phone _____

Emergency Contact (if above can not be reached) _____

Emergency Daytime Phone _____ Emergency Evening Phone _____

PERSONAL HISTORY (currently or previously experienced)

Heart Disease	Yes	No	Heart Murmur	Yes	No
Heart Surgery	Yes	No	Diabetes	Yes	No
Muscle Disease	Yes	No	Lung Disease	Yes	No
Epilepsy	Yes	No	Chest Pain	Yes	No
Dizzy Spells	Yes	No	Irregular Heart Beat	Yes	No
Any Chest pains on exertion	Yes		No		
Any Chest pressure on exertion	Yes		No		

Other: _____

If yes to any of the above, please explain _____

Injuries in the past six months _____

Medications? _____

Allergies? _____

MEDICAL INSURANCE IS REQUIRED TO ATTEND

(Must be completed to attend camp)

INSURANCE INFORMATION:

Insurance Carrier _____

Policy Holder _____ Policy # _____

Group # _____ Claims Phone # _____

MUST COMPLETE MEDICAL RELEASE, MEDICAL INSURANCE & APPLICATION

NAME _____ HT _____ WT _____ AGE _____ T-Shirt size: _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 POSITION _____ HIGH SCHOOL _____ YR IN SCHOOL (fall '16) _____

As the parent or legal guardian of the above named camper, I am requesting enrollment in the UMW Football Camp. I understand that enrollment is limited and may be denied. Enclosed is the \$100.00 (non-refundable) reservation fee to be applied to tuition. I understand the nature of the UMW Football Camp and that participation is voluntary and may be discontinued at any time. I have knowledge of the benefits of participation as well as the discomforts and/or risks that which may be encountered (soft tissue injury, skeletal injury, head, neck, and back injury, sudden death, etc.) and agree that the above named camper may participate. In the event of illness or injury I hereby give my consent for medical treatment and emergency medical care as necessary to preserve the life, limb, and well-being of my camper. I understand that medical insurance is required of all campers and have filled out the health history and insurance information completely and accurately.

PARENT'S SIGNATURE _____ CAMPER'S SIGNATURE _____

Give this application to your Head Coach to be sent in



2019 BULLDOG FOOTBALL CAMP

JUNE 11-13



FULL CONTACT HIGH SCHOOL TEAM CAMP HELD IN

The University of Montana Western

GENERAL INFORMATION

ELIGIBILITY

The UMW Football Camp is open to any high school player with remaining eligibility.

TUITION

Overnight Team Dorm Campers.....\$180
Team packet with all payments should be turned in by team representative.

Non-Dorm Campers.....\$125

LOCATION

The camp is held on the UMW campus practice fields. Overnight campers will stay in residence halls and eat in Dining Services.

HEALTH & SAFETY

Medical Release Form / Health History, Insurance Information & Application must be turned in before participating in the camp.

Licensed athletic trainers will be on site for all sessions.

WHAT TO BRING

- | | |
|---|---|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Shoulder Pads |
| <input type="checkbox"/> Mouth Piece | <input type="checkbox"/> Jersey |
| <input type="checkbox"/> Practice Pants | <input type="checkbox"/> Leg Pads |
| <input type="checkbox"/> Football Belt | <input type="checkbox"/> Football Cleats |
| <input type="checkbox"/> Ankle/other Braces | <input type="checkbox"/> Shorts & Shirts |
| <input type="checkbox"/> Shoes & Sandals | <input type="checkbox"/> Towels and bedding |
| <input type="checkbox"/> Bathroom Kit | <input type="checkbox"/> Spending Money |

Clean street clothes will be needed between practices in order to enter the cafeteria. You will be responsible for providing your own bedding in the dorms.

APPLICATION / PAYMENT

COACHES MUST SUBMIT THE

FOLLOWING TO

UM-Western Football
710 S. Atlantic St.
Dillon, MT 59725

- Player/Coach Roster (2 coaches rooms provided to each team)
- Payment for all campers
- Medical Release Form / Health History, Insurance Information & Application for each player
- Contact Coach Thacker for any more info and if you would like to attend camp.

FOR INFORMATION CALL:

Coach Ryan Nourse

(406) 683-7421

OR EMAIL:

ryan.nourse@umwestern.edu



ROUGH CAMP ITINERARY

Day 1

12:00 - 1:00	Check In (Davis Hall)
2:00	Coaches Meeting (Dawg Pound)
2:30 - 2:45	Team Warm Up
2:45 - 3:15	Individual Offensive Instruction
3:15 - 3:45	Team Installation
3:45 - 4:15	11 on 11 (Drives, Thud)
4:15 - 4:20	Team Competition (Tug of War)

5:00 - 6:00	Dinner (Lewis & Clark Room)
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7:00 - 7:15	Team Warm Up
7:15 - 7:45	Individual Defensive Instruction
7:45 - 8:00	Team Installation
8:00 - 8:30	11 on 11 (2nd/3rd Downs, Thud)
8:30 - 8:50	Skelly / Pass Rush

Day 2

7:15 - 8:00	Breakfast (Lewis & Clark Room)
8:00	Coaches Meeting (Dawg Pound)
8:30 - 8:45	Team Warm Up
8:45 - 9:15	Individual Offensive Instruction
9:15 - 9:45	Team Installation
9:45 - 10:15	11 on 11 (Red Zone, Live)
10:15 - 10:35	Team Competition (Michigan)

11:15 - 12:15	Lunch (Lewis & Clark)
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2:00 - 2:15	Team Warm Up
2:15 - 2:45	Team Installation
2:45 - 3:15	Individual (Kids Pick)
3:15 - 3:45	Skelly/Big Man Skelly
3:45 - 4:00	Individual Competitions

5:00 - 6:00	Dinner (Lewis & Clark)
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7:00 - 7:15	Team Warm Up
7:15 - 7:45	Individual Defensive Instruction
7:45 - 8:00	Team Installation
8:00 - 8:45	Bulldog Battle (Live)

Day 3

7:15 - 8:00	Breakfast (Lewis & Clark)
8:00	Coaches Meeting (Dawg Pound)
8:30 - 8:50	Team Warm Up/Installation
8:50 - 9:20	Team Competition (Capture Flag)
9:20 - 9:40	Skelly/Pass Rush/Pro
9:40 - 10:40	11 on 11 (Drives, Live)
10:45	Coach Nourse - Closing Remarks
11:15	Lunch (Subway to go)/Finalize Check-Out