

MUST BE COMPLETED FOR ACCEPTANCE TO CAMP

HEALTH INFORMATION

Physician's Name: _____
Phone: _____
Any Known Allergies: _____
Date of Last Tetanus Booster: _____
Family Medical Insurance Co: _____

NOTE: It is important if an injury or illness occurs that the information concerning your health insurance (policy number and the name of your company) is readily available to the camp director or the medical facility that is used.

PERMISSION FORM

I/We the undersigned, hereby acknowledge, understand and accept liability that the Tommy West Football Camp is a privately run sports camp and is not operated by or through the University of Memphis. The camp is neither sponsored, controlled, nor supervised by the University of Memphis, but rather under the sole sponsorship, control and supervision of the Tommy West Football Camp, Inc., and the aforementioned corporation is released from liability.

Parent's signature

Signature: _____ Date: _____

PHYSICIAN'S STATEMENT (TO BE COMPLETED BY PHYSICIAN)

I hereby certify that _____ is physically fit to participate in the Tommy West Football Camp on June 21-24, 2009 and that I know of no physical impairments which would in any manner limit his participation in such a program.

Signature: _____ Date: _____

EMERGENCY MEDICAL AUTHORIZATION

Purpose: To enable parents or guardians to authorize the provision of emergency treatment for children who become ill or injured while attending the Tommy West Football Camp, Inc. In the event that reasonable attempts to contact me at _____ or _____

have been unsuccessful, I hereby give my consent for the camp director or athletic trainer to secure medical help for my child. This authorization does not cover major surgery unless the medical opinions of two licensed physicians concurring in the necessity for such surgery are obtained prior to the performance of such surgery.

Signature: _____ Date: _____

PARENT/GUARDIAN



TOMMY WEST - The University of Memphis head football coach completed his eighth season at the helm of the Tiger football program in 2008. During his tenure at the University of Memphis, hundreds of young men have attended his summer football camp. Many campers and parents of campers write us to say how pleased they were with what was taught at camp. Football is not the only thing that is taught at camp.

"Our eight year old attended your camp this past summer and still can name the four important things that the coaches talked about— Listen; Be on time; Say sir and ma'am; and Look nice. He has done a wonderful job of saying yes ma'am and no ma'am at home and at school -- I attribute that to your football camp. I really appreciate you and all you do for these young men. You not only coach them but teach them life skills also. We will be back at camp next summer and to all the football games next fall." — Ruth Scrip.

Dear Camper,

I would like to personally invite you to attend the 2009 Tommy West Football Camp. Camp sessions will be instructed by assistant coaches from the University of Memphis Tiger Football program as well as by selected high school coaches. This camp will provide you with exposure to all aspects of football including passing, receiving, blocking, line play, run defense and kicking.

Our experienced camp staff will teach and drill you on fundamentals and techniques for each position. All sessions will be held in the evenings and will be supervised by the University of Memphis coaching staff. A full-time trainer will also be in attendance at all times.

Camp sessions will take place on the University of Memphis practice fields at the Murphy Athletic Complex. I hope to see you there!

GO TIGERS!!!



HEAD COACH
TOMMY WEST

TOMMY WEST FOOTBALL CAMP

JUNE 21-24, 2009

GRADES 2-5 YOUTH GRADES 6-8 JUNIORS GRADES 9-12 SENIORS

LINE CAMP

Offensive and defensive line campers will learn the basic fundamentals and techniques of line play. This instruction will take place in the classroom and on the field. Techniques that will be highlighted are:

- Speed development
- Quickness, footwork and agility
- Pass protection
- Run blocking
- Block protection
- Tackling techniques
- Specialized strength training

SKILL CAMP

Offensive and defensive skill campers will learn the basic fundamentals and techniques of the following positions: Quarterback, Running Back, Tight End, Wide Receiver, Linebacker and Defensive Back. This instruction will take place in the classroom and on the field. Techniques that will be highlighted are:

- Speed development
- Quickness, footwork and agility
- Throwing
- Catching
- Blocking
- Route running
- Pass defending skills (man/zone)
- Tackling techniques

WEIGHT PROGRAM

Each camper will be physically tested and the results will be given to each camper on the final day. Campers will receive detailed technique instruction from Memphis' Strength Coordinator, Mike Stark.

JUNIOR/YOUTH CAMPS

Explanation: Scaled down general instruction in all phases of the game.

Fundamentals: All phases of the game.

Reminder:

This is a Non-Contact Camp.
It is a fun competitive activity.

TOMMY WEST

HEAD COACH

MEMPHIS TIGERS

The Tommy West Football Camp has been established to provide expert instruction in the basic skills and fundamentals of offensive and defensive football for boys who will be in grades 2-12 this fall.

Each camper will be exposed to all the disciplines necessary to improve in the areas of passing, receiving, blocking, tackling, running and strength development. (It is our intention to blend fundamental football instruction with the newest methods designed to test, evaluate and program your physical skills as it directly relates to your position in football.)

WHERE

The camp is conducted at the Murphy Athletic Complex on the University of Memphis' Park Avenue Campus. The complex is complete with four practice fields, an indoor practice facility, a state-of-the-art weight room and numerous meeting rooms.

WHO

Camp participants will consist of 2nd through rising 12th graders. Team campers will be part of their school team in camp or individual campers will be welcomed and assigned to a team.

WHAT DO I BRING?

- T-shirts, shorts, gym shoes, football cleats, socks and mouthpiece.
- Toiletries: soap, shampoo, wash cloths, towels and personal items.
- Shower facilities are available, if needed.

All campers are subject to the rules and regulations of the Tommy West Football Camp. Any serious violations will result in **DISMISSAL** from camp without refund.

COST

Camp costs \$50 per camper, which includes four days of instruction. To make a reservation, please send full payment or a \$20 deposit immediately. Deposits are non-refundable after June 11, 2009. Space is limited, so make your plans early.

THERE ARE NO OVERNIGHT ACTIVITIES
CAMPERS WILL CHECK IN DAILY

APPLICATION FORM

To enroll: Tear off this portion of the brochure, complete **BOTH** sides and return along with a \$20 deposit or \$50 full payment to:

TOMMY WEST FOOTBALL CAMP
FOOTBALL OFFICE
UNIVERSITY OF MEMPHIS
570 NORMAL / AOB 130
MEMPHIS, TN 38152

Should you have any questions, please call Camp Director John Flowers at 901-678-2341 or leave a message on his voice mail.

PLEASE CIRCLE ONE

SR Camp (grades 9-12) Line Camp: _____ Skill Camp: _____	JR Camp (grades 6-8) Camp: _____	Youth Camp (grades 2-5) Camp: _____
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Adult T-shirt Size: S M L XL XXL

Name: _____ **Age:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Grade in Aug. 2009: _____ **Yrs in Camp:** _____

Parent or Guardian: _____

Home Phone: _____ **Work Phone:** _____

Pos: _____ **Ht:** _____ **Wt:** _____

School/Team: _____

Coach: _____

CIRCLE ONE

Off Pos:	OL	WR	RB	QB	TE
Def Pos:	DL	DE	LB	DB	
Specialty:	Punt	Kick	Snap	Return	

REGISTRATION INFORMATION

This year's camp will be conducted on June 21st, 22nd, 23rd and 24th, 2009. **Registration begins Sunday, from 4:30 PM to 5:30 PM.** Evening sessions begin at **5:30 PM** and end at **8:00 PM.** Camp will conclude on **Wednesday, June 24, 2009.** In an effort to speed up registration lines, we ask that all campers pre-register by completing this application form. **No checks at Registration please.**

Check or Money Order must be made out to:
TOMMY WEST FOOTBALL CAMP