

NORTHWOOD UNIVERSITY
Medical Treatment &
Waiver of Liability Release

While enrolled in a summer sports camp at NORTHWOOD UNIVERSITY ("Northwood"), my son/daughter may participate in sports or other events or contests of an athletic nature sponsored entirely or in part by Northwood ("Athletic Events"). I understand that the participation of my son/daughter in Athletic Events involves risk of injury to him/her and his/her property and that no amount of precaution by Northwood can eliminate such risk. Because of this and in consideration of Northwood's willingness to sponsor Athletic Events and to allow my son/daughter to participate in Athletic Events, I agree as follows:

- My son/daughter will participate in Athletic Events in a careful and prudent manner and will attempt whenever possible to minimize the risk of injury to himself/herself.
- I hereby release Northwood, its agents, officers, employees, and trustees from liability for any injury to my son/daughter or his/her property suffered at, or arising out of an Athletic Event, including any such injury to his/her person or property caused in whole or in part by the negligence of Northwood, its agents, officers, employees, or trustees. I give this waiver and release intending to legally bind myself and my heirs, representatives, successors and assigns.
- I hereby authorize the camp director to act in the best interests of my son/daughter in seeking medical attention in the event of an accident.

I HAVE CAREFULLY READ THIS RELEASE AND WAIVER OF LIABILITY/CONSENT FOR MEDICAL CARE. I UNDERSTAND ITS TERMS AND HAVE SIGNED VOLUNTARILY.

Parent or Legal Guardian Signature / Date

Health Insurance / Policy Number

Any health problems we should be aware of?

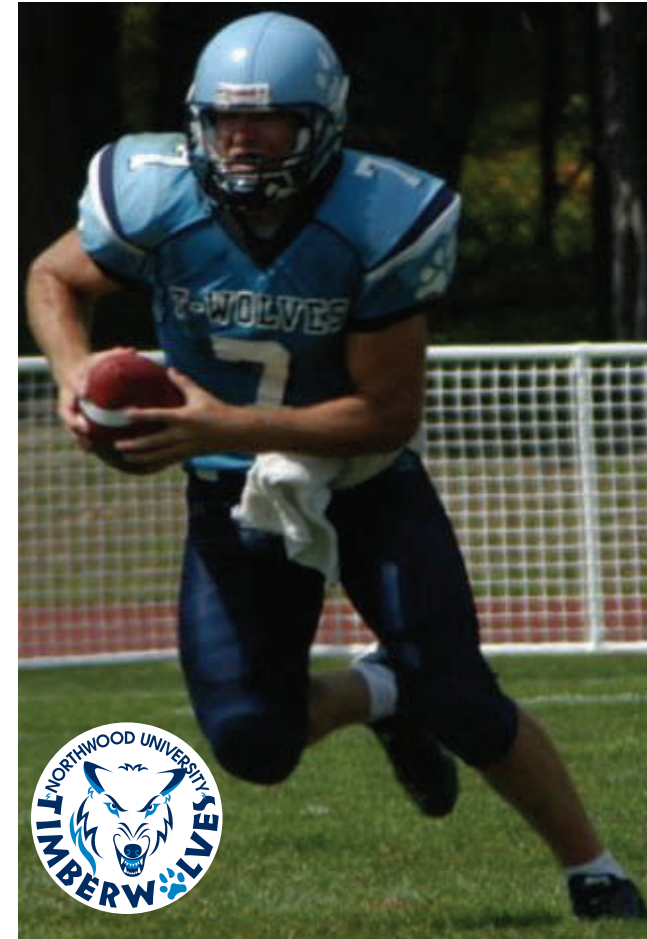
NORTHWOOD UNIVERSITY
Business Office/ Football Camps
4000 Whiting Drive
Midland, MI 48640



NORTH- WOOD

OPTION CAMP

JUNE 17 2010



Northwood University is committed to a policy of nondiscrimination and equal opportunity for all persons regardless of race, gender, color, religion, creed, national origin or ancestry, age, marital status, disability or veteran status. The University is also committed to compliance with all applicable laws regarding nondiscrimination.

CAMP DIRECTOR

**Mike Sullivan – Head Coach at
Northwood University
(989) 837-5252**

ABOUT THE CAMP

This camp focuses on high repetitions and individualized instruction for quarterbacks, running backs, receivers, tight ends, and offensive linemen in the following:

OPTION RUNNING PLAYS:

- mid-line option
- inside veer/outside veer
- trap/trap option
- belly/belly option
- speed option

OPTION PASSING PLAYS:

- seam routes
- crack routes
- wheel routes
- Quick passing game

INSTRUCTION

Head Football Coach Mike Sullivan and his championship winning staff, along with successful high school option coaches, will give instruction. The camp is geared toward individuals who are serious about learning and becoming proficient in option football. All techniques practiced are applicable to high school football rules.

DAILY CAMP SCHEDULE

8:00 –9:00 am—Registration outside Hantz Stadium
9:00-9:15 am – Stretch and Flex
9:15-9:45 am – Individual Agility
9:45-9:50 am – Water
9:50-10:20 am – Individual Repetitions
10:20-10:25 am – Water
10:25-10:55 am – Individual Repetitions
10:55-11:00 am – Water
11:00-11:30 am – Group Work
11:30 am-12:30 pm – Lunch Break
12:30-3:00 pm – Repeat Morning Schedule



PERTINENT INFORMATION

Need to bring: Football shoes, helmet, a football for each athlete, and a sack lunch.

Camp check in will take place one hour prior to camp, at the camp site.

The camp is open to all Offensive positions (including quarterbacks, linemen, tight ends, receivers, and running backs) in grades 7-12.

CAMP LOCATION

NORTHWOOD UNIVERSITY
Football Complex
4000 Whiting Drive • Midland, Michigan

REGISTRATION FORM

NAME _____

GRADE AS OF FALL 2010 _____

PHONE # (____) _____

POSITION _____

SCHOOL _____

HEAD COACH _____

PHONE # (____) _____

COST OF CAMP IS \$50.00

DEADLINE for pre-registration is

MAY 26

(DO NOT MAIL AFTER MAY 26)

After May 26, bring registration form
and \$60.00 to camp.

SEND REGISTRATION FORM TO:

NORTHWOOD UNIVERSITY
Business Office/Football Camps
4000 Whiting Drive
Midland, MI 48640

MAKE CHECKS PAYABLE TO:

NORTHWOOD UNIVERSITY

(All camp checks are non-refundable)