

## COST OF CAMPS

\$50.00 for both days, or \$25.00 per day.

Deli Lunch provided Saturday and Sunday.

Only two-day campers  
will receive T-shirts.

Concessions will be available  
on-site throughout each day.

## REGISTRATION

Preregistration by phone  
May 23–June 3.

Call Bishop Walsh School  
Monday–Friday  
8:30 AM–2:00 PM

On-site registration for Camp opens  
one hour before session begins each day.

## CONTACT INFORMATION

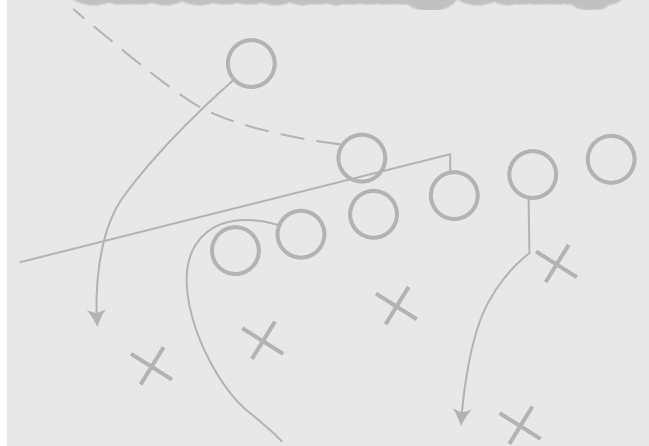
Ray DiGilarmo  
at Bishop Walsh: 301-724-5360, ext. 107  
Cell: 301-707-0983  
Home: 301-759-4028  
rdigilarmo@bishopwalsh.org

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www.bishopwalshsports.com



# The 2011 James W. Farris Football Camp & Christine L. Farris Cheerleading Camp



JULY 16–17  
9:00 AM–2:00 PM

**Bishop Walsh School**  
700 Bishop Walsh Road  
Cumberland, MD 21502

*Ages 6 thru rising Seniors*

## MISSION STATEMENT

**“Our mission is to teach the fundamentals of football and cheer, competition and sportsmanship. Stressing the importance of goal setting and persistence in meeting life’s challenges, and demonstrating how lessons learned through sport can help achieve success in life.”**

## GENERAL CAMP INFO

Camp is designed to help student-athletes improve their individual football techniques and provide an understanding of team concepts. Offensive and defensive position skills will be taught, as well as football-related strength, speed and agility training. The knowledge learned at this camp will improve the physical and mental abilities of the individual player. Instruction will be by Frostburg State and High School coaches.

## WHAT TO BRING

Camp T-shirt will be provided to two-day campers.

T-shirt (extra)	Shorts
Spikes/Cleats	Mouth Piece
Tennis Shoes	Towel

(in case of rain)

Water and sports drinks will be provided for all athletes.

## CAMP SCHEDULE

JULY 16-17: 9:00 AM-2:00 PM

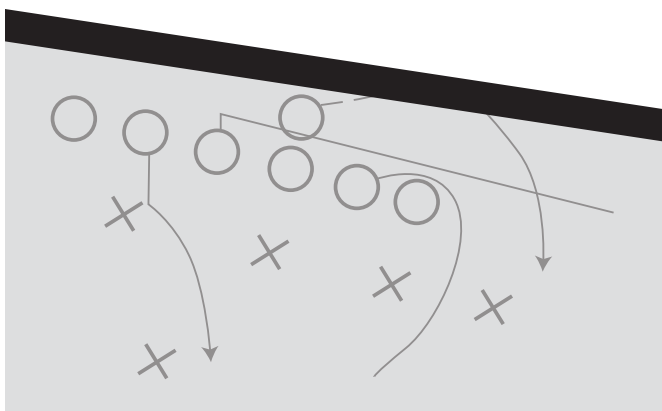
Dynamic warm-up and flexibility, offensive and defensive position-specific drills, deli lunch (provided), offensive and defensive team drills, and competition drills.

## CHEERLEADING CAMP

JULY 16-17: 9:00 AM-2:00 PM

Cheerleading Camp will be coordinated by Frostburg State University cheer coach and cheerleaders.

**Proceeds benefit the  
Bishop Walsh Alumni Association.**



## Registration Application 2011 James W. Farris Football Camp and Christine L. Farris Cheerleading Camp

**Please make checks payable to:  
Bishop Walsh School**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Age: \_\_\_\_\_ Grade (as of Fall '11): \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Evening Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size (circle one): M L XL 2XL

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Years of football/cheer experience \_\_\_\_\_

### Football position(s) played (if none leave blank):

Offensive Position(s): \_\_\_\_\_

Defensive Position(s): \_\_\_\_\_

By signing below, I release Bishop Walsh School and the Bishop Walsh Camp Coaching Staff from any financial responsibility in the event that my dependent, who is participating in 2011 Camp, is injured while participating in camp activities. I also consent to allow staff to take whatever action necessary for the health and welfare of my child in the event of any emergency.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### Insurance Information

Insurance Company \_\_\_\_\_

Group Number \_\_\_\_\_

Policy Number \_\_\_\_\_