

Info - Go To A4K.com



Agoge Spartan Camp

Athletics 4 Kids (A4K) is dedicated to providing opportunities for every student athlete to perform at the highest level and to every athletes full potential. Agoge Spartan Camp will prepare every athlete for competition and provide healthy habits and behaviors for life.

Camp Philosophy

Agoge Spartan Football Camp is geared towards enhancing football skills, technique & providing a fun yet competitive environment for every athlete. Every athlete must be entering grades 5th to 8th for the upcoming 2011 / 2012 school year.

Dates & Times

Agoge Camp: July 25th to July 29th @ SHS = \$50

- Sentinel High School Fields M to F
- 4:45 to 5:00 PM Team Chalk / Agilities
- 5:00 to 5:30 PM Skill Development
- 5:30 to 6:00 Philly Football Games
- **Jamboree on 29th: 10:30AM-12:00 PM Friday**
- **Pay On-Line – A4K.com**

Staff Members

Pete Joseph - Program Coordinator

Tyler Thomas – QB's & LB's

Craig Mettler – Off / Def Line

Dane Oliver – WR's & DB's

Offensive & Defensive Skills

The Agoge camp provides the best skill and technique development for aspiring football players. Coached by educators who are dedicated to providing a fun and competitive environment for every camper.

- Running Form / Technique
- Quickness
- Position Development
- Injury Prevention

Philly Football

Every camper will compete in a structured game that is a cross between Ultimate Frisbee, Rugby & Flag Football. Philly football provides an avenue for the campers to display their talents and developing skills.

- Competition
- Skill Enhancement
- Team Work
- Sportsmanship

Schedule & Themes

Monday: Offensive Positions
Tuesday: Defensive Positions
Wednesday: Offensive Positions
Thursday: Defensive Positions
Friday: Philly Football Jamboree & Skills Combine

Agreement to Participate

I am aware that playing or practicing in any sport can be a dangerous activity involving many risks of injury. I understand that the dangers and risks of playing or practicing in a *Agoge Spartan Football Camp* include, but are not limited to death, serious neck and spinal injuries that may result in complete or partial paralysis or brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the body. Because of the dangers of participating in an *Agoge Spartan Football Camp*, the Camp coaching staff will employ safe practice procedures to minimize any chance for injury to a participant. I recognize the importance of following the coaching staff's instructions regarding technique and training rules. In consideration, attending the *Agoge Spartan Football Camp*, I hereby voluntarily assume all risks associated with participation and agree to exonerate and save harmless the regents of the Camp staff, volunteer employees, athletic staff, physicians, and practitioners of medicine treating me from any and all liability, claims, causes of action or demands of any kind and nature whatsoever that may arise by or in connection with my participation in any activities related to the *Agoge Spartan Football Camp*. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees and all members of my family.

Release of Liability & Risk

I release the state of Montana, Athletics 4 Kids LLC, the Camp Staff, any volunteers, its officers, employees, and agents from any and all liability, claims, costs, expenses, injuries and/or losses that I or my child may sustain as a result of my child's participation in the *Agoge Spartan Football Camp*. My child's participation includes, but is not limited to, travel to and from the camp in a private or public vehicle and any activity connected with the camp themselves, while using state equipment or facilities from the event, whether on or off *Agoge Spartan Football Camp*.

Assumption of Risk

****Cut out Entire Middle Section****

Athletics 4 Kids is dedicated to providing a safe environment for the Speed, Agility & Team Camp(s). By signing below both Parent & Athlete are agreeing to the terms of this brochure and give permission to participate.

Athlete (Print): _____

Athlete (Signature): _____

Parent (Print): _____

Parent (Signature): _____

Insurance Information

Primary Medical Insurance Comp/ Claims Phone

Policyholder's Name (Print)

Group Policy # or Policy #

Contact / Emergency Info:

Participant Name (Print)

Home Address

City State Zip

(____) (____) _____

Home Phone Cell Phone

School

Date of Birth Grade—Fall 2010

Height Weight Age

T-Shirt Size: Circle Youth - XXL - XL - L - M - S

Medical Release

In consideration for the opportunity to participate in the *Speed, Agility & Team Camp(S)*, I voluntarily agree to assume all risks involved in my child's participation in the *training aspects* and all related activities. I understand that if I allow my child to participate, my child may be exposed to but not limited to the following: serious neck and spinal injuries that may result in complete or partial paralysis or brain damage. I also recognize that there are both foreseeable and unforeseeable risks of injury or death that may occur that Athletics 4 Kids cannot predict.

Pre-Existing Medical Concerns

HAS THE CAMP PARTICIPANT HAD, OR CURRENTLY HAS ANY OF THE FOLLOWING: (CIRCLE IF APPLIES)

Concussions Y - N	Allergies Y - N
Joint/Bone Injury Y - N	Asthma Y - N
Heart Condition Y - N	Surgery Y - N
Contacts/Glasses Y - N	Diabetes Y - N
Other medical conditions not specified above: Y - N	

If yes, please explain:

Cost & Contact Information

Make checks out to **Athletics 4 Kids** Cost is **\$50** per camper which covers - liability insurance, coaching stipends, T-shirt, and facilities. Please contact A4K at the number and email address below.

Pete Joseph – 406.360.2250

athletics4kids@a4k.com

