

Info - Go To A4K.com



Organized Team Activities (OTA's)

Athletics 4 Kids (A4K) is dedicated to providing opportunities for every student athlete to perform at the highest level and reach their full potential. The Organized Team Activities will prepare every athlete for competition and provide healthy habits and behaviors for life.

Camp Philosophy

OTA's are designed to prepare every football player for their future desire to become a varsity athlete. OTA's will combine football skills, with appropriate conditioning, and life skills that extend beyond the football field

Dates & Times - June 6th to June 9th

3:15PM to 4:15PM – Weight Room(Varsity Athletes)

4:30PM to 7:00PM – Sentinel Football Fields

Staff Members

Mike Scialabba - Professional Strength

Tyler Thomas - Speed Coordinator

Craig Mettler - Field Trainer

Dane Oliver - Field Trainer

Pete Joseph - Program Coordinator

Scheme Development

Every athlete attending OTA's will be educated in the proper understanding of offensive and defensive football plays and formations.

- Spread Option Football
- Zone Blitz Defenses
- Defensive Specific Drills
- Offensive Specific Drills

Agility Training

Agility Training is dedicated to creating Body Coordination, Strength and Balance for dynamic bio-mechanical movements

- Dexterity
- High Energy & Explosive Movements
- Balance
- Unilateral Movements

Schedule & Themes

June 6th: Offensive Day

June 7th: Defensive Day

June 8th: Split Scheme

June 9th: 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 OTA's 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 a OTA's, the 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 OTA's, I hereby voluntarily assume all risks associated with participation and agree to exonerate and save harmless the regents of the Organized Team Activities 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 OTA's. 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 OTA's 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 OTA's. 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 Camp facilities.

Assumption of Risk

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

Athletics 4 kids is dedicated to providing a safe environment for OTA'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)

_____ 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 3XL - XXL - XL - L - M - S

Medical Release

In consideration for the opportunity to participate in OTA'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

Cost is **only \$50** per camper which covers 4 Days a Week, Monday to Thursday, from 4PM to 7PM. Camp T-shirt & Camp Shorts will be provided...all other camp expenses incurred are the responsibility of individual campers.

Pete Joseph – 406.360.2250

Email: athletics4kids@a4k.com

