

### Mission Statement

The Bay City Central "Wolves" Athletic Programs exist to develop its members as students, athletes, and citizens; to prepare them to take their place as contributing members of our community. It is a comprehensive football and basketball program which not only emphasizes the skills required for each sport, but also the development of lifelong values through hard work, dedication, discipline and team work. This is based on a foundation of mutual respect among coaches, athletes, parents and officials. It serves as a positive and productive force for the school, community, and most importantly the student-athlete. Success will be achieved through preparation, execution and belief in our teams and program goals, and measured through the experiences and character of our young men.

### Camp Description

This Camp is for athletes entering 4<sup>th</sup> – 8<sup>th</sup> grade. It is designed to teach the game of basketball and football and expose the participants to all related skills and positions. It will concentrate on instruction of fundamentals, techniques and skill development as well as the expectation of each Central Program. One major emphasis will be safety and injury prevention. If your child would like to attend, but is not interested in both sports, arrangements can be made at registration; However, the cost of camp will remain \$25.

### Camp Daily Program

#### Theme of the Day ~ Football / Basketball 101

Pride, Teamwork, Sportsmanship, Work Ethic  
Safety, Rules, Positions, Strategy, Health.

#### Fundamentals and Technique

Football - Blocking, Tackling, Throwing, Receiving, Kicking.  
Basketball – Defensive Stance, Shooting, Passing, Dribbling.

#### Competition / Guest Speaker / Closing Message

Competitive games and awards for top performers.

**Campers should dress in athletic attire, with basketball shoes and football cleats. Water will be provided, however participants should bring a water bottle and sunscreen.**

### Registration (Submit this registration form with payment)

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

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ T- Shirt Size: YM YL S M L XL

Emergency  
Contact \_\_\_\_\_

Name

Phone Number

Waiver:

I am the parent or guardian of the above listed minor (here-in after referred to as child). In consideration of my child's participation in this activity and with the understanding that my child's participation in the activity is only on the condition that I enter into this agreement for my child, myself and my heirs and assigns, my child and I assume the inherent and risks involved in this activity, in the use of the activity's equipment, and any risks inherent in any other activities connected with this activity in which my child voluntarily participates. My child and I expressly assume the risk of and accept full responsibility for any and all injuries and accidents that may occur as a result of my child's participation in this activity and release from liability Bay City Public Schools, Bay City Central Athletics and their officers, directors, sponsors, agents, representatives, employees, and volunteers. My child and I waive any claim we may later have as a result of any and all injury to my child's person or property as a result of my child's participation in this activity, my child's use of the activity's equipment, and in any other activities connected with the activity in which my child may voluntarily participate.

My child and I understand that this activity is a physical sport and that physical injury may result. My child and I certify that we have read and fully understand this release. I am of lawful age and legally competent to make this agreement.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (printed)

\_\_\_\_\_  
Phone

**QUESTIONS: Kevin Frederick - [frederickk@bcschools.net](mailto:frederickk@bcschools.net)**

**Jordan Duby - [dubyj@bcschools.net](mailto:dubyj@bcschools.net)**

**Please make checks payable to: Bay City Central Athletics**

**Mail to: Central High School**

**1624 Columbus Ave.**

**Bay City, MI 48708**

### Camp Directors

Jordan Duby - Bay City Central Basketball Head Coach.

Kevin Frederick - Bay City Central Football Head Coach.

### Camp Staff

Staff will include current coaches from both Central Football and Basketball programs. Players will also act as camp instructors and counselors.

### Camp Agenda

- 8:30 Sign In/Late Registration (Gym Entrance)
- 8:55 Be Ready To Go! (Practice Field)
- 9:00 Warm up/Stretch
- 9:15 Football Training (Field)
- 11:30 Lunch (cafeteria)
- 12:00 Warm up/Stretch
- 12:15 Basketball Training (Gym)
- 2:30 Dismissal

# BAY CITY CENTRAL YOUTH SPORTS CAMP

**Dates – July 29, 30, 31<sup>st</sup> 9 am-2:30 pm**

**Location: Bay City Central High School**

Early Registration \$25

Late Registration \$35 (after July 23<sup>rd</sup>)

