



4 Sessions: June 20 (Mites & Novices)
 July 11 (Mites & Novices)
 June 22-25 (Contact)
 July 13-16 (Contact)

Ages: (age on August 1, 2009)
Mites & Novices - 5 to 7 years old
Contact - 8 to 14 years old

Camp Times: **Mites & Novices** - 8am to 12pm
Contact - 6pm to 8:30pm

Location: Apex Middle School

Cost: **Mites & Novices** - \$30 per camper per session, \$10 discount for second session
Contact - \$75 per camper per session, \$15 discount for second week

Mites & Novices Camp

** Each camper will receive a tee shirt. **

This camp will focus on teaching basic football fundamentals to prepare for the upcoming season.

Contact Camp

** Each camper will receive a practice jersey. Helmet, shoulder pads, and mouth piece will be provided **

This camp will focus on developing offensive and defensive fundamentals, as well as proper contact to prepare for the upcoming season. The participants will be broken up into appropriate age groups.

To register for the 2009 ASA Football Camp visit: <http://www.ASACougars.com> or complete this sign-up form & attached Waiver, enclose fee, complete Medical History & Medical Fitness Forms, and mail to address below.

Campers Name _____ Mail To: Football Camp
 PO Box 1474
 Address _____ Apex, NC 27502

Phone _____ Cell _____ Age _____

Email _____

In case of emergency, please notify _____ Phone _____

Please make checks payable to "Apex Sports Authority" or "ASA"

Camp Official Use Only:	Payment:	<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Paypal
Camp Session(s):	Mites & Novices	<input type="checkbox"/> June 20	<input type="checkbox"/> July 11	
	Contact	<input type="checkbox"/> June 22-25	<input type="checkbox"/> July 13-16	

For the Contact Camps, football equipment will be fitted the Sunday (June 21 & July 12) before camp starts from 6-8pm at Apex Middle School.