

# FLAG FOOTBALL & CHEERLEADING CAMP

Held in Hummelstown

THIS EVENT, PROGRAM, OR GROUP IS NOT SPONSORED OR ENDORSED BY THE LOWER DAUPHIN SCHOOL DISTRICT

**Football:** Ages 5 thru 12. Focus is on developing fundamental skills of passing, receiving, and proper position stances. Agility & coordination drills will be performed. Minimal physical contact. Emphasis is placed on having fun while improving skills & fitness levels. Games will be played.

**Cheerleading:** Ages 5 thru 12. Focus is on teaching beginning cheer skills including basic jumps, chants and cheers. Emphasis is placed on having fun while improving skills & fitness levels. All cheerleaders will be performing cheers during games on final days of camp.

**Both Camps run for 6 weeks and are held on Saturdays only.**

**Starts on Saturday, April 1<sup>st</sup>. Must register by March 1<sup>st</sup>**

**Football & Cheer Camp Times: Ages 8 to 12 meet from 12:30pm to 1:40pm**

**Ages 5 to 7 meet from 1:50pm to 3pm**



*Each participant receives personalized shirt, pin & certificate  
& will be eligible to earn a physical fitness award*

Cost is \$89 per child

**All participants will also be eligible to enter the  
All-Star game at end of season**



**Any parent wishing to be a volunteer coach or helper, please check line on entry slip.**

*Eckert Fitness Group sports camps are nonprofit based programs*

**Register by mail or online at [www.EckertFitnessGroup.com](http://www.EckertFitnessGroup.com)**

For questions please call 717-340-4800 or send email to: [sports@eckertfitnessgroup.com](mailto:sports@eckertfitnessgroup.com)

**Must Register By Saturday, March 1<sup>st</sup>**

**HUMM**

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Please circle if you would like to help coach or volunteer: YES NO

Check 1:  Football  Cheerleading Circle Shirt Size: S M L XL Adult M Adult L

**Enter name you want on back of shirt** (cheerleaders normally get first name & football last name): \_\_\_\_\_

**If registering for flag football, please enter a single or double digit number for back of shirt:** \_\_\_\_\_

**Please enter the number of Eckert Fitness camps that your child has previously participated in:** \_\_\_\_\_

Register online or mail form w/payment to: Eckert Fitness Group, 1001 Willow Ridge Dr, York, PA 17404

Please make check or money order payable to: Eckert Fitness Group

**Do Not Send to School HUMM**

I, the undersigned, hereby for myself, heirs, executors, and administrators assume all risks associated with the participating in this program and do hereby release and discharge Eckert Fitness Group, its owners, staff, volunteers and coaches from any and all claims of liability for death, personal injury, damages or losses arising out of participation in this program and include injuries caused by the negligence of a coach or other person. I certify that my child is in good physical condition & does not suffer from any disability that would prevent participation in the program. Eckert Fitness Group recommends that your child obtains a physical examination prior to participating in this program. I agree that it is my responsibility to seek physician advice regarding my child's ability to take part in this program. I also understand that refunds will not be granted after the registration deadline. Any refund requests before the deadline will be granted minus \$25 shirt & processing fee.

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

\_\_\_\_\_  
Date