

**Fill out and return to:**

Play It Forward Together, Inc.

305 Island Drive

Mahwah, NJ 07430

[wvankersen@sbpsnj.org](mailto:wvankersen@sbpsnj.org)

Phone Number: (973) 557-7094

Name \_\_\_\_\_ (M or F)

Address \_\_\_\_\_

\_\_\_\_\_

Home Phone \_\_\_\_\_

School \_\_\_\_\_

Grade \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

Date of Birth \_\_\_\_\_

**Medical:**

Allergies: \_\_\_\_\_

Any other Medical Concerns: \_\_\_\_\_

\_\_\_\_\_

**Free Tee Shirt will be given to all Athletes**

T-Shirt Size: \_\_\_\_YS \_\_\_\_YM \_\_\_\_AS \_\_\_\_AM

\_\_\_\_AL \_\_\_\_AXL \_\_\_\_AXXL \_\_\_\_Other

Fee: \$150.00 for each athlete

**\*Includes shirt, prizes, and a pizza party on last day of camp!**

Please enclose check or money order in the amount above to reserve your place. Checks should be made payable to Play It Forward Together Inc. on or before June 15.

**"To give anything less than your best is to sacrifice the gift." Steve Prefontaine**

## Saddle Brook High School

"Saddle Brook... come join the family and be a part of our tradition!"



### 2021 Union Division Champions



*This program is not sponsored by the Saddle Brook Board of Education*

## Saddle Brook Junior Falcon Football Camp



**Location:** Veterans Field

20 Sampson Street

Saddle Brook NJ 07663

**Dates:** June 26-June 30, 2023

**Ages:** Grades 3 through 8

**Time:** 8:30-11:30 am

### *Why Choose Us?*

*The summer is a time to train and build a solid base for the upcoming season. This camp will be an extension of that training and incorporate ways to motivate and encourage self-discipline. It is our mission to coach diligently, with commitment and drive to develop young student-athletes, which allows the athletes to pursue their team and individual goals without limits.*

### *While at camp you will learn:*

*Mental & Physical Preparation*

*Motivational sessions*

*Goal Setting*

*Strength Training (Individualized for age groups)*

*Philosophies of Coaches*



"The bond we have is so much deeper  
than the game we play"

-Patrick Willis

**T-Shirt Design:**

**Font of Shirt:**

## **Saddle Brook** **Junior Falcon Football** **Camp**



### **Saddle Brook High School** **Coaching Staff**

**Head Coach: William Van Kersen**

**Assistant Coach: Rob Bernier**

**Assistant Coach: Greg Collier**

**Assistant Coach: Arnie Gursaly**

**Assistant Coach: Craig Nielsen**

**Welcome to the 2023**  
**Saddle Brook Junior Falcon Football Camp**  
**June 26-June 30, 2023**

### **Instructional Areas covered:**

- \* Stretching
- \* Plyometrics
- \* Dynamic warm up
- \* Circuit Training

### **Camp Philosophy:**

The Saddle Brook Junior Falcon Football Camp is designed to motivate and educate developing and experienced athletes. Our goal is to promote the sport of football and expose each athlete to various positions and techniques. Our promise to each athlete is simple, they will leave at the end of the session with a greater sophistication of the sport, become stronger (mentally and physically), have made at least 3 new friends, and will leave with great memories and a smile.



**"Fear The Wing"**