

CAMP RELEASE FORM

(Be sure to fill out application form)

This to certify that

(Camper's name)

is physically fit to participate in all activities at the football camp(s), and has had a recent physical exam.

Oakville Football Camp Release and Waiver of Liability: I understand that playing or participating in the above sport(s) may be a potentially dangerous activity with the risk of injury. I understand that in any contact sport, such as the sport involved at this camp, an athletic participant can be seriously hurt.

I am aware that the dangers and risk of my child/ward playing or participating in the above sport include, but are not limited to, falls, contact or collisions with other participants, equipment and facilities and the effects of weather, including heat and humidity. I understand that my child/ward may incur a serious injury including paralysis or death, as a result of the dangers and risks associated with the above sport(s). I have certified to the coach, by my signature below, that my child is in good health and physical condition and sufficiently able to participate in the camp. I understand that the coach recommends that my child/ward obtain a physical examination to identify any physical condition or limitation of which I might not be aware that could affect her participation in the above named sport(s). I have advised the coach of any limitations on my child/ward's activities for medical reasons.

Knowing and having been informed of the potential dangers and risks associated with playing the above sport(s), and in consideration of my child/ward being allowed to participate in the camp, I hereby agree on behalf of myself, my family members and my child/ward to assume all such risks and further, to waive, release, discharge and hold harmless Mehlville School District and their respective employees, coaches, camp instructors and volunteers from any and all liability actions, causes of actions, claims or demands for personal injury, death or property damage of any kind or nature, and any other claim whatsoever arising out of, or in any way connected with my child/ward playing and participating in the above sport and camp. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The terms hereof shall serve as an assumption of risk, release and waiver for myself, my family, my child/ward and our heirs, executors, administrators, guardians or anyone else who might assert a claim on our behalf.

I hereby consent to permit the coach and staff working at the camp to provide emergency first-aid or medical treatment for my child/ward according to their best judgment, in the event he/she suffers an injury or illness while participating in the camp or on the camp premises.

Date _____

Signature of Parent or Legal Guardian



Oakville Athletics

5557 Milburn Road
St. Louis, MO 63129

Phone: 314-467-7202

Fax: 314-467-7199

E-mail: oras@msdr9.org

Coach Email:

gengem@msdr9.org

Social Media:

- Facebook: [Oakville Tiger Football](#)
- Instagram: [OHS_TigerFootball](#)
- Twitter: [@TigersOakville](#)

Oakville Tiger Football Camp—2020

July 27—31, 2020

7:00—10:00am [9-12th Grade]

11:00—1:30pm [6-8th Grade]

#RETURNTHEROAR

Camp Format & Schedule [High School]

7:00—7:15 am Chalk Talk I
 7:15—7:25 am Dress Out
 7:25—7:35 am Dynamic Warm Up
 7:35—8:00 am Offensive Individuals & Fundamentals
 8:00—8:20 am Offense Installation
 8:20—8:45 am Offensive Groups
 8:45—9:15 am Chalk Talk II
 9:15—9:40 am Defensive Individuals & Fundamentals
 9:40—10:00 am Defense Installations
 10:00—10:15 am Individual Competitions
 10:15—10:30 am Stretch & Cool Down

Camp Format & Schedule [Middle]

11:30—11:45 am Dynamic Warm Up
 11:45—11:55 am Individual Offensive Fundamentals
 11:55—12:05 pm Individual Offensive Skills & Drills
 12:05—12:20 pm Team Offense by Grade
 12:20—12:35 pm Break / Snack
 12:35—12:45 pm Individual Defensive Fundamentals
 12:45—12:55 pm Individual Defensive Skills & Drills
 12:55—1:10 pm Individual Specialties
 1:10—1:20 pm Specialty Competitions
 1:20—1:30 pm Stretch / Cool Down

CAMP APPLICATION

(Be sure to fill out Release Form on backside)

NAME _____

PARENT/GUARDIAN NAME(S) _____

Current School: _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ ENTERING GRADE _____

Email Address: _____

Who to contact in case of emergency:

Name: _____

Shirt size: (adult) S M L XL

(youth) S M L XL

[Please circle one]

High School Camp [9—12]

Middle School Camp [6—8]

[Please check one box]

Cost - \$65

Make checks out to Oakville Athletics.

Oakville High School, 5557 Milburn Rd

St. Louis, Missouri 63129

For forms/information call 467-7202 or go to OHSTigers.com