

# 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 Tiger Football Camp—2021



**July 21st-23rd & 26th-28th, 2021**

6:30-10:30 am [9-12th Grade]

Contact Camp @ Farmington 29th-30th

**July 26th-28th, 2021**

6:00-7:30 p.m. [5th-8th Grade]

## Oakville Football

5557 Milburn Road  
St. Louis, MO 63129

Phone: 314-467-7202 Fax: 314-467-7199  
E-mail: moras@msdr9.org  
Coach Email: gengem@msdr9.org

## Camp Format & Schedule [High School]

6:30-7:15 am: Lift Weights

7:15-7:25 am Dress Out

7:30-9:30 am Camp

9:45-10:30: Lift Weights

## Camp Format & Schedule [Middle]

6:00 - 6:10 pm Dynamic Warm Up

6:10 - 6:20 pm Individual Offensive Fundamentals

6:20 - 6:30 pm Individual Offensive Skills & Drills

6:30 - 6:40 pm Team Offense by Grade

6:40-6:50 pm Individual Defensive Fundamentals

6:50-7:00 pm Individual Defensive Skills & Drills

7:00 - 7:10 pm Individual Specialties

7:10 - 7:20 pm Specialty Competitions

7:20-7:30 pm Stretch / Cool Down



**FOOTBALL**

## CAMP APPLICATION

*(Be sure to fill out Release Form on backside)*

NAME \_\_\_\_\_

PARENT/GUARDIAN NAME(S)  
\_\_\_\_\_

CurrentSchool: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ ENTERING GRADE \_\_\_\_\_

Email Address: \_\_\_\_\_

Who to contact in case of emergency:

Name: \_\_\_\_\_ # \_\_\_\_\_

Please circle one]

Shirt size: (adult) S M L XL XXL 3X

(youth) S M L

[Please check one box]

High School Camp [9—12]

Cost - \$60 (HS \$30 will go for contact camp)

Middle School Camp [5—8]

Cost - \$30 and includes a camp shirt

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](http://OHSTigers.com)