

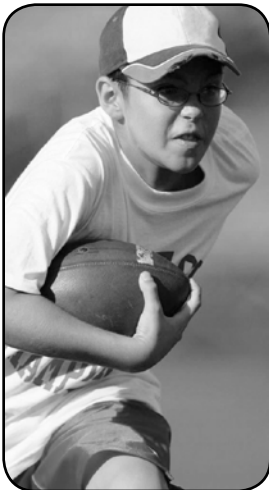
Daily Schedules

YOUNG CHAMPION'S TYPICAL DAY

8:00 am	Stretch / Warm up Organize / Disperse
8:10	Offensive Skill & Kick/ Defensive Circuit
8:50	Champions Break
8:55	Grades 6-8 Weight Training/ Motivation
9:10	Offensive Circuits/ Defensive Skill
9:55	Day End Meeting
10:00	Parent Pick-Up



Gary Joseph and his staff offer a Football Camp with over a combined two hundred years of successful coaching experience. Joseph and his camp staff have helped develop kids into champions year in and year out through out the State of Texas.



The staff has long maintained it's desire to get solid information and instruction on fundamentals to the younger kids in our community regardless of where they will be attending school.

The Fifth Annual Home of Champions Football Camp will provide instruction on the fundamentals of football that have made it possible for Joseph and the staff to participate in over 110 Texas High School playoff

games. Their success also includes five 5A State Championships, and three consecutive State appearances, the most recent being 2009 State Game. The sessions will be 2 hours in length, position specific, and action packed, but will also include character building mini-talks daily.

All staff members have recent experience in Camp instruction, coaching, and fitness instruction. The **Home of Champions** staff looks forward to meeting your sons and giving them the instruction and foundation they need to help develop their athletic careers.



What Should I Bring?

- Work out shorts & Shirt
- Tennis shoes or cleats (if you have them)
- Any needed medication
- Sun screen if needed
- Great Attitude!
- Water will be provided

Please make checks payable to Home of Champions Football Camp

NAME: **AGE:**

SCHOOL: **GRADE 2009:**

PARENTS NAMES: Mom Dad

CONTACT NUMBERS: Home Phone Cell Emergency No.

What is your shirt size?

Youth Small	<input type="checkbox"/>	Youth medium	<input type="checkbox"/>	Youth large	<input type="checkbox"/>	Adult X-large	<input type="checkbox"/>
Adult Small	<input type="checkbox"/>	Adult medium	<input type="checkbox"/>	Adult large	<input type="checkbox"/>		



Please List Any Medications Or Medical Needs That Your Child Has: (such as an Inhaler ect.)

THE RELEASE FORM BELOW AND INFORMATION ABOVE MUST BE FILLED OUT AND SIGNED BEFORE YOUR CHILD MAY ATTEND HOME OF CHAMPIONS FOOTBALL CAMP.

I will not hold Katy ISD or any of it's employees nor anyone involved with this camp liable for any injuries sustained during the assigned camp time nor/or while my son is on the campus of Katy HS. I also give permission for the staff of this camp to perform any needed medical treatment as they determine appropriate to perform on the above mentioned athlete in the event of an emergency or injury.



CAMP COST

\$40.00 Ages 7-13 years old

Cash or Check Payable to: **HOME OF CHAMPIONS FOOTBALL CAMP**

Please mail payment to: Gary Joseph • 6458 Sweetgum • Katy, Tx 77493



Parent/Legal Guardian Signature

July 26-30, 2010
 Ages 8-13 ; 8:00am - 10:00am
 for More Information Contact
Gary Joseph
 email:homeofchampions@gmail.com
281-391-8495
building champions ONE day at a time...



Katy Home of Champions Football Camp