SPRING FLAG FOOTBALL
& CHEERLEADING CAMP

Held at John Rudy Park in York (more locations posted online)

The school district neither encourages nor discourages
a student's participation in the activity described herein

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, March 24th. Must Register By March 1st

Football & Cheer Camp Times: Ages 7-8 & 9-12 meet from 12pm to 1:10pm
Ages 5 & 6 meet from 1:20pm to 2:30pm

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

Cost is $69 for 1st child / $59 for each additional

All participants will also be eligible to enter the
Spring Flag Football Tournament!!!

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

Eckert Fitness Group sports camps are non profit programs
that benefit The Make-A-Wish Foundation

Register by mail or online at www.EckertFitnessGroup.com

For questions please call 650-6537 or send email to: sports@eckertfitnessgroup.com

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Final Registration Deadline is Saturday, March 1st **YS**

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, 2820 Whiteford Rd, York, PA 17402

Please make check or money order payable to: Eckert Fitness Group **Do Not Send to School YS**

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