

FRESHMEN FOOTBALL 101 & PRE-SEASON FRESHMAN PROGRAM SIGN-UP

Football 101 in June and Pre-Season Conditioning, Practice, & Fundamentals in July

A two session summer football program for incoming Freshman run by CHS Freshman Coaches & overseen by Coach Roman...

Combined Cost: \$75, See sign-up form...Or sign up on first day.

Split Cost: Football 101 in June...\$25 & July Pre-Season Program...\$50

Dates: Football 101- June 24, 25, & 27/ From 9:30 a.m. to 11:30 am @ CHS Field

Freshman Pre-Season Program- July 8, 9, 10/ 15-18/ 22-25

From 8:30 a.m. to 11:30 am @ CHS Field

Football 101 is three mornings in June, designed to be a primer for all our incoming Freshman for our pre-season program. The Pre-Season Program in July is a more intensive start on Carson Football, preparing participants to participate in the Team Football Camp in July. Athletes will receive instruction in CHS football fundamentals (including proper tackling technique), will start learning our offense and defense, and will learn basic techniques and expectations in the weight room (as time permits). Players will also be conditioned in preparation for our camp and season. This has been a very successful program every summer and helped our freshmen to be successful in the fall. This program is a great way for incoming freshmen to get a head start and prepare for their freshman season and is a very important first step in participating in the CHS Football Program.

An important note: To be able to attend our Football Camp in July, you must attend 6 of the 7 days of the July program.

Contact Coach Roman: Cell: 775-544-2999/ Office: 283-1608/ E-mail:
broman@carson.k12.nv.us

(Cut and send to Coach Roman if interested in freshman summer football program)

Freshmen Football 101 & Pre-Season July Program Sign-up Form

Player _____ Parent(s) Name & Phone

Home Mailing Address

Parent E-Mail:

_____ **I plan on attending both sessions (Football 101 in June & Pre-Season Program in July) for incoming freshmen.**

Cost is \$75/ Send Check and Sign-up form to Coach Roman at address below

Payment can also be made first day of workouts. We welcome players to either session! We suggest both.

Checks-payable to CHS/ If attending just one or the other session, sign up the first day you come...

Address:

Carson High School

Attention: Coach Blair Roman

1111 N. Saliman Road

Carson City, 89702