



FOOTBALL CAMP



Coaching Staff

Mike Nesmith – Head Varsity Football Coach Paint Branch High School

PBHS Assistant Football Coaches

Past & Present Paint Branch Football Players

When

June 21-25

Where

Banneker Middle School
14800 Perrywood Drive
Burtonsville, Md. 20866

Sample Daily Schedule

8:45am – 9:00am	Check In
9:00am – 9:15am	Coaches Announcements
9:15am – 9:45am	Warm Up & Stretch
9:45am – 11:00am	Offensive Fundamentals
11:00am – 11:30am	7-on-7 Passing Games
11:30am – 12:30pm	Lunch & Board Games
12:30pm – 1:45pm	Defensive Fundamentals
1:45pm – 2:45pm	“Panther Ball”
2:45pm – 3:00pm	Coaches Announcements

Why

Due to the lack of affordable football camps in the area we at Paint Branch Football Camp will offer a quality instructional camp for ages 8 – 14. The camp will benefit players of all experience levels and will emphasize fundamentals, technique, and good sportsmanship. This camp is designed to prepare each camper for their next football season as well as making football an enjoyable experience.

Camp Specifics

- We will provide footballs and a camp T-Shirt.
- Campers should bring their own cleats, athletic attire, and lunch.
- Water will be provided.
- Each camper will receive daily instruction on: Passing and Receiving fundamentals, Blocking and Tackling techniques, Conditioning and the importance of teamwork and unselfish play.





Panther Summer Camps 2010



Dates	Sport	Location	Coach	Times	Cost	Ages	Cost
June 21-25	Football	Banneker	Nesmith	9AM-3PM	\$170	8-14yrs.	
June 28-July 2	Coed Basketball	Paint Branch	Coleman	9AM-3PM	\$170	8-14yrs.	
June 28-July 2	Coed Soccer	Banneker	Brooks	9AM-3PM	\$170	8-17yrs.	
July 6-9	Coed Basketball	Paint Branch	Hardy/Podosek	9AM-3PM	\$135	8-14yrs.	
July 12-16	Baseball	Banneker	Rey	9AM-3PM	\$170	8-14yrs.	____ Week 1
July 19-23							____ Week 2
July 12-16	Softball	Banneker	Wiles	9AM-3PM	\$170	8-14yrs.	____ Week 1
July 19-23							____ Week 2
July 26-30	Girls Lacrosse	Banneker	Prietz	9AM-3PM	\$170	8-14yrs.	
Aug 2-6	Speed & Conditioning	Paint Branch	Brooks	8AM-12AM	\$115	10-17yrs.	
TOTAL AMOUNT OF CHECK						\$	

Camper Information

Name: _____ DOB: _____ Age: _____ Gender: _____

Guardian Information

Name (s): _____

Home: _____ Cell: _____ Work: _____

Email: _____

THE FOLLOWING MUST BE COMPLETED BY A PARENT OR GUARDIAN:

I have had my child examined and certify that _____ is in good health and give my permission to participate in the activities during Panther Camps. I authorize Panther Camps and their coaching staff to seek medical attention if they feel it is necessary. I also release Panther Camps and their staff (coaches, trainers and managers) from any and all claims of injury sustained during the camp.

(Parent/Guardian Signature) (Date)

Does your son/daughter have medical insurance? _____

Does your son/daughter have any medical limitations? _____

Payment options:

- **Make Checks Payable to:**
Panther Camps: P.O. Box 421 Burtonsville, Md. 20866
- **Register Online:** Log on to www.PantherCamps.com to pay by credit card.

Cancellation Policy- A \$25 administrative fee will be charged for any cancellations.

Questions?? Contact Camp Director Tommy Rey at (301) 317-6064 or email at PantherCamps@gmail.com