



MOUNTAIN RIDGE HIGH SCHOOL

FIRST EVER Girls Winter Youth Flag Football

4 Day Mini Camp

January 25th, 27th, February 1st, and 3rd

Vision:

Create an opportunity to learn the game of flag football as it is developing in our region and state of Arizona! To empower young girls and become great teammates and family in this growing sport!

Philosophy:

Compete in sports and in life with character and pride! Our hope is to empower young ladies to become successful in all aspects of their lives and make an impact on their team, schools and community.

Our Winter Girls Flag Football skills development camp consists of fundamental skill development and playing flag football. This camp is for improving, and increasing the skills of flag football players.

Winter Flag Football Skills Development:

WHEN: January 25th, January 27th, February 1st, and February 3rd

WHERE: Mountain Ridge High School—Practice field behind the Stadium

TIMES: 4:30 PM – 6:30PM (Thursday Evenings)

9:30 AM- 11:30M (Saturday Mornings)

Location are subject to change within school practice fields

Winter Youth Football Skills Development Cost:

5th - 8th grade - \$50

If you have questions email or see Coach Warmus (whitney.warmus@dvusd.org)

Please Complete and include the following:

- *Camp registration (this form) - All participants*
- *Have the Brain Book Certification completed and on file prior to any participation!!(Attach to registration) <https://academy.azpreps365.com/>*

REGISTRATION FORM:

Register at the Mountain Ridge Bookstore or mail check to:

Mountain Ridge high school, Attention bookstore, 22800 N. 67th Ave, Glendale, AZ. 85310

Name (player): _____ Age: _____
Current Grade: _____ T-shirt size: _____
Contact Name (parent/guardian): _____
Address: _____ City: _____ State: _____ Zip: _____
Phone Number: _____ Email: _____

To the best of my knowledge, this student/participant does not have any health problems that would be harmful to him/her while participating in this community schools program. Be it known that I, the undersigned parent/guardian/participant of the named student/participant, do hereby give and grant unto the instructor my consent and authorization to render such aide, treatment or care to said participant as, in the judgment of the instructor, may be required on an emergency basis, in the event said participant should be injured or stricken ill, it is hereby understood that the consent and authorization hereby given and granted are continuous, and are intended by me to extend through the length of the program. If emergency service involving medical action or treatment is required and neither the parents nor guardians can be contacted, I hereby consent for the participant to be given medical care by the doctor selected by the instructor. (Participants must have medical insurance to participate.)

PARENT/GUARDIAN/PARTICIPANT (if over 18)

SIGNATURE: _____

INSURANCE COVERAGE COMPANY:

POLICY NUMBER: GROUP #

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Any inquiries regarding nondiscrimination policies may contact the Superintendent's Office, 20402 N. 15th Avenue, Phoenix, Arizona 85027. 623.445.5000.

For information on the free "BRAINBOOK" Concussion On-line Course, follow the guidelines below. If you have not completed this course:

- 1. Go to <https://academy.azpreps365.com/>**
- 2. Select Concussion – Brainbook picture**
- 3. Register as a student**
- 4. Enter Demographic Information**
- 5. Select a sport for this season and include all future sports & Mountain Ridge H.S.**
- 6. Complete the course with a passing score**

For any additional questions please email Coach Warmus. (Whitney.warmus@dvusd.org)