

4th Down Fundamentals Football Camp

The Camp concentrates on developing key fundamentals while building the groundwork for future success in the game. Hands on drills with NFL players and knowledgeable coaches, provides a memorable and productive learning experience for youth participants. The game of football incorporates lessons such as teamwork, discipline and life skills into daily training routines. This non-contact one-day event introduces the basic fundamentals of football in an atmosphere designed to inspire and motivate youth.

Camp Mission

1. To provide participants the opportunity to learn and improve their football knowledge and skills, under the guidance of current NFL Players and High School and College Coaches. Each participant will leave with a better understanding of the great game of football. The camp is designed to meet each player's needs at a particular position, while they learn important techniques and fundamentals that are basic to the game of football.

2. To provide participants the opportunity to develop discipline and character, to strengthen inner qualities and to grow as a complete athlete. The camp will emphasize the importance of goal setting, hard work, and commitment to positive development.



This is the Sixth Annual 4th Down Fundamentals Football Camp. The past Five years have been a huge success that offered more than 2,300 of Atlanta's youth an inspirational camp experience. The 2011 camp will be even better!

Eligibility

Participants interested in football must be at least eight years of age to attend 4DF Camp and cannot have begun taking classes associated with their senior year of high school.

Registration

- Camp is **Completely Free** to all Youth Participants.
- **Online-Registration** is strongly recommended, as space is limited.
- All Pre-Registered Campers will receive a camp T-shirt.
- Water, Snacks and Lunch will be provided

What to Bring

- T-Shirt, shorts and rubber football cleats
- **Do not** bring jewelry or other personal items

Schedule

- 9:00 a.m. - Registration Begins
- 9:45 a.m. - Kick-Off and Welcome
- 10:00 a.m. - 2:30 p.m. - Camp Drills and Activities
- 2:30 - 3:00 p.m. - Pep Rally & Awards



Registration Form

Camper Name _____

Age _____ Grade _____

Address _____

City _____ State _____ Zip _____

Email _____

Height _____ Weight _____

School _____

Guardian Name _____

Guardian Home Phone _____

Medical Release and Waiver of Liability:

I hereby certify that I am the parent and/or legal guardian of the camp applicant above. I also certify that my child is physically fit for strenuous activity according to our family physician. In the event that my child is injured or becomes ill, I hereby grant permission on our family's behalf, in case of emergency, for the 4th Down Fundamentals Football Camp personnel to provide or seek medical assistance as may be deemed necessary under then-existing circumstances. Furthermore, I understand that individuals who participate in camp activities are doing so at their own risk. I acknowledge that the staff, management, board of directors, and employees of 4th Down Fundamentals Football Camp and/or Police Athletic League are not responsible for any injury that may occur to individuals participating in any camp activity, and accordingly, will not file legal action against the camp, staff, management, board of directors, and employees of the 4th Down Fundamentals Football Camp and/or Police Athletic League. Participation is on a voluntary basis only.

SIGNATURE: _____

DATE: _____

List special medical facts trainers / coaches should be made aware of: _____

Online Registration Available at

www.leightorrence.com

Send Completed Registration to:

Leigh Torrence

4th Down Fundamentals Football Camp

1735 Rogers Avenue, SW

Atlanta, Georgia 30310

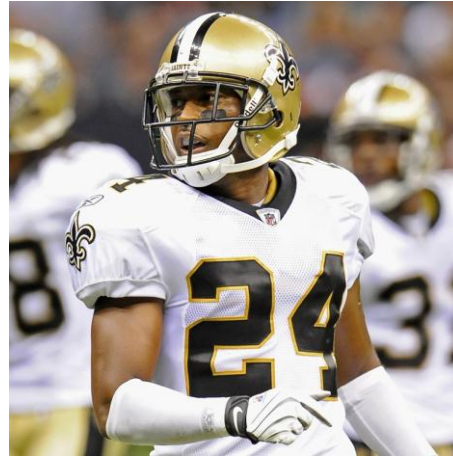
or Fax signed form to **404.888.5645**



Our mission is to teach the fundamentals of football, sportsmanship and the importance of goal setting and perseverance in overcoming life's obstacles in a caring and supportive atmosphere.



The camp is being hosted by Leigh Torrence of the World Champion New Orleans Saints. Leigh is a product of southwest Atlanta and a former member of the Atlanta Falcons.



The Sixth Annual
4TH DOWN FUNDAMENTALS

Youth Football Camp
 Ages 8-18

Hosted by
 New Orleans Saints
 Cornerback
Leigh Torrence

June 25, 2011
 9:00 a.m. - 3:00 p.m.

Anderson Park
 98 Anderson Ave, NW
 Atlanta, GA 30314