

# GRADE SCHOOL FOOTBALL CAMP AT CBC

**JUNE 21 - 25th at CBC**  
**8:00 a.m. - 10:00 a.m.**

## Offensive Position Instruction (daily)

Throwing Fundamentals  
Receiving Fundamentals  
Blocking Techniques  
Ball Carrier Techniques

## Special Team Instruction (Mon/Tues)

Punting Technique  
Long Snapping Instruction  
Place Kicking Fundamentals

## Defensive Position Instruction (daily)

Proper Tackling Fundamentals  
Pass Defense Techniques  
Run Defense Techniques

## Competition (Wed / Thu / Fri)

Flag Football  
Punt / Pass / Kick  
Skills Competition

### FUNDAMENTALS AND FUN

The Camp will stress football fundamentals for all ability levels and positions. Each camper will receive a T-shirt. This is a NON-contact camp, the drills and activities will be age appropriate. We want each camper to learn at least one new thing each day that they can take with them to aid them in their next football season. Whether they play Junior football or pickup games with their neighborhood friends.

The CBC Cadet Football Camp is run by the Football Staff of CBC High School led by Head Coach Scott Pingel. Coach Pingel is a graduate of St. Vincent's High School in Perryville, MO and Westminster College in Fulton, MO.

Complete and return both sides of this application. Enclose \$100.00 camp fee with each application. Make Checks payable to: Scott Pingel. Return completed Applications w/ fee to Scott Pingel, CBC Cadet Football Camp, 1850 DeLaSalle Dr., St. Louis, MO 63141. Phone: (314) 985-6114.

Name: \_\_\_\_\_ AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Grade School: \_\_\_\_\_ Parent Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ T-Shirt Size: ADULT S M L XL XXL

### PERMISSION FORM

I hereby request that my son or ward be admitted to the CBC Cadet Football Camp. I will authorize the staff to act for me, according to their best judgment, in any emergency. I will hold harmless; and release the staff, the camp and Christian Brothers High School from any and all liability or responsibility for damages related to injuries or the death of my son or ward. I understand that my insurance coverage is primary and any coverage provided by the Camp will be specifically on an excess basis only.

\_\_\_\_\_  
Insurance Carrier Policy Number

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE DATE

**COMPLETE AND MAIL WITH PAYMENT TO: Scott Pingel, 1850 De La Salle Drive, St. Louis, MO 63141**



For further information, call (314) 985-6114  
or e-mail [pingels@cbchs.org](mailto:pingels@cbchs.org)

### Equipment for Camp

Each Camper should wear Athletic Shoes or Cleats, shorts /or sweats that suit the current weather and a T-Shirt. It is highly recommended that each camper bring a container with their name on it for water. Water Breaks are taken frequently. Hats and Sunglasses are discouraged.