



Thank you for your registration and commitment to the 14th Annual Eric Kasperowicz Youth Football Camp. We are very excited to get started with our 2009 camp next week. **Please arrive by 7:45am on Monday to help speed up the registration process.**

If you are a returning camper or first timer, you are going to have the experience of a lifetime. Not only will you learn new skills and fundamentals about the game of football, but you will have a blast while doing it. Make sure to bring a great attitude and willingness to learn about the game.

ekfootballcamp has received your registration form for this year's camp. Please feel free to check our website www.ekfootballcamp.com for any last minute announcements throughout the days prior to and during camp week. Thanks again and see you next week!

CAMP HIGHLIGHTS

What to bring:

- Balance of money owed, football cleats, money for lunch, water bottle, workout clothes, sun block & a great attitude to learn the game of football and have fun.

Lunch Plan:

- Sign-up (cash please) on Monday morning during Registration Period
- Cost: \$20* includes choice daily from our lunch specials
**you may choose to deposit more than \$20 in your camper's account to allow them to purchase additional items each day. We will have a "CAMP BANK" to hold the money for your child.*

Guest speakers for campers AND parents:

- Pittsburgh Steelers (to be announced)
 - Ryan Mundy (University of Michigan)
 - A.Q. Shipley (Penn State University)
- Proper Nutrition for young kids and Eating on the Go
 - Kathy Arena—Certified Personal Trainer
 - To be announced
- Brett Harsh (EMT)—Fire to the Medic Rescue, LLC
 - Thursday, July 2, 8:30am on Field #1
 - Topics include: pre-game meals, youth sports safety, warming up and stretching, hydration, diet and nutrition and sports injuries.

Boot Camp for Parents: *New in 2009!*

- Wednesday, July 1st and Thursday, July 2nd from 8:30-9:30am (see attached flyer for more info)
- You must pre-register either on Monday at registration or Tuesday at the concession stand.
- Cost is \$15
- For more info: Call Kathy Arena @ 412-889-6567.

On-site Emergency Medical Technician:

- A certified EMT will be on site every day of camp. www.firemedictotherescue.com

Field Trip:

- Friday, July 3rd** , 10am (rain or shine)
- All campers and parents are invited. Cost is free.
- Tour the Pittsburgh Steelers & The University of Pittsburgh's Football Facilities @ the UPMC Sports Performance Complex on the South Side.
- Give campers an exclusive behind-the-scenes look at the Steelers & PITT's world-class Division I football facilities.
- Parents must provide transportation to and from and are encouraged to CAR POOL due to lack of parking.

If you have any questions please feel free to email or call me.

Thanks for your support,

Eric Kasperowicz
Camp Director