

## EMERGENCY INFORMATION

\_\_\_\_\_  
MOTHER'S NAME

\_\_\_\_\_  
FATHER'S NAME

EMERGENCY CONTACT PHONE NUMBERS (cell):

#1 \_\_\_\_\_

#2 \_\_\_\_\_

MEDICAL CONCERNS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ATTENTION PARENTS

I agree that in case of an accident involving my child while attending this camp, and with full awareness that football is an activity which may involve risk or injury, I release Linganore Football Camp and its staff from any and all liability. I understand every precaution will be taken to provide a safe environment and authorize the camp staff to act for me according to their best judgment in the event my child needs emergency medical attention. Furthermore, I understand the Linganore Football Camp DOES NOT provide medical coverage and that is my responsibility to do so.

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
MEDICAL INSURANCE COMPANY

### LINGANORE H.S. FOOTBALL

c/o Rick Conner  
1104 Village Gate Drive  
Mt. Airy, MD 21771

#### LHS PLAYERS IN COLLEGE

*Nathan Potoschnik / West Point (Rugby)*  
*Alex Brossart / Shepherd University*  
*Jason Fraley / King's College*  
*Jack Hopkins / Frostburg University*  
*Marcus Nicholson / Shenandoah College*  
*Chris Harker / Concord University*  
*Zach Hayes / University of Maryland*  
*Mike Lucian / Penn State University*  
*Jon Moravec / Marshall University*  
*Charlie Pryor / Shenandoah College*  
*Jeff Rollins / Concord University*  
*Josh Bedregal / Shepherd University*  
*Matt Castor / Towson University*  
*Corey Nicholson / University of Delaware*  
*Chris Rich / Grove City College*  
*Shannon Breen / West Virginia Wesleyan*  
*Jeff Phillips / Shepherd University*  
*CJ Thomas / William and Mary College*  
*Todd Cox / Towson University*  
*Nick Gavin / Salisbury University*

# LINGANORE HIGH SCHOOL CHAMPION FOOTBALL CAMP



2008 I-70 Champions

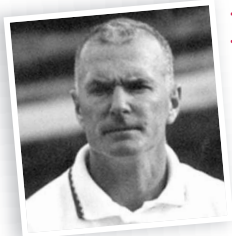
Monday - Thursday

JUNE 22-25

at the NEW LINGANORE H.S.

FOR BOYS CURRENTLY IN GRADES 3-8

# Staff



**Rick Conner** - Director  
**HEAD FOOTBALL COACH**  
 LINGANORE HIGH SCHOOL

- ▶ MVAL Champion – '02,'04,'05,'06,'08
- ▶ AP State Rankings: 2002- #12; 2003 - #2; 2004 - #17; 2005 - #20; 2006 - #25; 2007- #21, 2008 - #6
- ▶ 2003 State Champion, State Finalist '02,'08
- ▶ Previous Defensive Coordinator and Special Teams Coach at Urbana High School
- ▶ Coach at collegiate level for 2 years
- ▶ Successful college career included: 3 NCAA records, Team MVP, Conference MVP, All-Conference and All-State Selections
- ▶ 2005 Hall of Fame selection, DB / McDaniel College
- ▶ 24 years as high school football coach
- ▶ Coach of the Year – 2003, 2008



**Andy Brown** - Co-Director  
**ASSISTANT FOOTBALL COACH**  
 LINGANORE HIGH SCHOOL

- ▶ LHS Offensive Coordinator
- ▶ '04,'07,'08 Top Ranking Offense in Conference
- ▶ Western Maryland College Assistant Coach Offensive line
- ▶ 19 yrs. high school coaching experience including State Champ Damascus H.S.



**Chris O'Connor** - Co-Director  
**ASSISTANT FOOTBALL COACH**  
**HEAD BASEBALL COACH**  
 LINGANORE HIGH SCHOOL

- ▶ Mars Hill University - Baseball (All-League)
- ▶ Played on three MD State Football Championship teams
- ▶ 2000 Frederick News Post Defensive Player of the Year, DB
- ▶ LHS Head Baseball Coach

### MISSION STATEMENT

The LHS Football Camp has been designed to promote the great game of football and help youngsters become better players while having fun. It is our feeling that by learning the basic fundamentals, young student athletes can reach their true potential in the sport of football.

# Camp Information

**AGE:** current 3rd through 8th graders  
**WHEN:** Monday – Thursday, June 22 to 25  
**TIME:** 8:00am to 12:00pm  
**WHERE:** The New Linganore High School  
 (near Oakdale M.S.) Ijamsville, Maryland  
 Contact Coach Conner at 240-568-9467 or  
 e.mail: [richard.conner@fcps.org](mailto:richard.conner@fcps.org)

## Camp Activities & Highlights:

- ▶ Staff includes LHS & college coaches, current/past LHS players
- ▶ Camp t-shirt
- ▶ Camp awards
- ▶ Instruction: Offense & Defense
- ▶ Games – 3 on 3, one hand touch, all eligible / small field 25 x 25.
- ▶ Contests – 40 yd. turf dash, punt, pass, kick for distance, obstacle course
- ▶ Speed agility training
- ▶ Former player motivational talks
- ▶ Area high school coaches' Chalk Talk – inspirational

## Items to bring:

- ▶ Tennis shoes for inside (rain/heat)
- ▶ Cleats (not required)
- ▶ Mouthpiece
- ▶ You may bring your own drink - water will be provided



## REGISTRATION FORM

# 2009 CHAMPION FOOTBALL CAMP AT THE NEW LINGANORE HIGH SCHOOL

Please fill out **BOTH** sides of this form and mail it along with payment (payable to FOOTBALL CAMP) and parent signature to:

Linganore High School Football Camp  
 1104 Village Gate Drive  
 Mt. Airy, MD 21771

**COST: \$90 before June 13**  
**\$100 after June 13**  
**Sibling cost (for next child): \$50**  
*(same price as 2008)*

### PARTICIPANT INFORMATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_

E.MAIL ADDRESS \_\_\_\_\_

CURRENT GRADE \_\_\_\_\_

SCHOOL NEXT FALL '09 -'10 \_\_\_\_\_

CAMP SHIRT SIZE (CIRCLE ONE)

ADULT            S            M            L            XL            XXL  
 YOUTH            YL

(see back)