

# **CAMP APPLICATION**

*(mail along with payment)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Current Grade: \_\_\_\_\_

Current School: \_\_\_\_\_

T-Shirt Size:    M    L    XL

*Make out check to Thadd MacNeal and mail to:*

*Thadd MacNeal  
Head Football Coach  
Lakewood High School  
4400 Briercrest Ave.  
Lakewood, CA 90713*

*I, the undersigned, hereby authorize the Red and White Elite Football Camp staff to act on my behalf and exercise their best judgment concerning my child in any emergency medical situation that may arise. I hereby waive and release the Red and White Elite Camp from any and all liability or litigation from any circumstance that may occur while at the camp.*

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

# **DAILY CAMP SCHEDULE**

**10:00** Position-specific work for skill players/weight lifting for lineman

**10:30** Group work on:

- Speed
- Mechanics
- Agility
- Core stability
- Balance
- Quickness
- Reflexes

**11:00** Water break

**11:10** Full team session

**11:35** Weight lifting for skill players/position-specific work for lineman

**12:00** Break camp for the day



**June 15<sup>th</sup> to June 25<sup>th</sup>**



***Thadd MacNeal***

***HEAD FOOTBALL COACH***

***LAKEWOOD HIGH SCHOOL***

## **ABOUT COACH MACNEAL**

Thadd MacNeal has been a coach and teacher in Southern California for fourteen years. During his first three seasons as the head coach at Lakewood, "Coach Mac" and his staff have turned Lakewood into the hottest program in the Long Beach area by playing a dynamic, aggressive and exciting brand of fundamentally-sound football.

Before coming to Lakewood, MacNeal was a highly successful assistant at his alma mater, Carlsbad High School in San Diego, as well as Orange High School, Capistrano Valley High School, and Los Alamitos High School. MacNeal brought a wealth of coaching credentials with him to Lakewood, including a Division I CIF Championship, numerous league championships and playoff wins. He has also coached countless college and NFL-caliber players with whom he continues to be in touch today.

Coach MacNeal's staff is highly-qualified, hard-working and has years of high school, collegiate and professional coaching and playing experience. Coach Mac and his staff will assure that your child has a fun and rewarding experience at the Red and White Elite Football Camp.

## **ABOUT THE CAMP**

**WHO:** All kids getting ready to enter 4<sup>th</sup>-9<sup>th</sup> grade

**WHAT:** Thadd MacNeal's Red and White Elite Football Camp

**WHEN:** June 15<sup>th</sup>-25<sup>th</sup>,  
Monday-Thursday

**WHERE:** Lakewood High School  
Athletic facilities

**WHY:** To become the best  
football players and  
people they can be

**HOW:** By \$100 check payable  
to Thadd MacNeal

All participants will receive an official Red and White Elite Football Camp t-shirt. Cleats, shorts and athletic shoes are recommended. Questions? Call (562) 425-1281 ex. 3143 and ask for Coach Mac.

The staff of my Red and White Elite Football Camp and I are excited to work with your child in this non-contract football camp. Even if you can't be there every day, it will still be a great experience. During the two weeks, you can expect your child to:

- Learn the latest fundamental, position-specific football skills
- Get into great shape
- Get to know other area kids
- Get to know more about high school football
- Develop maturity
- Build confidence
- Get a great head start on the season, regardless of level or experience
- Have fun!

Looking forward to seeing you,  
Thadd MacNeal