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## DAILY SCHEDULE

5:45 - 6:00 Registration

6:00 - 6:15 Stretching & Warm Up

6:15 - 7:00 ROTATION SESSION #1

Instruction by age group; 3-6 campers will be exposed to every position on each side of the ball : 7-8 will choose a position

3-6 graders -> defensive positions

7-8 graders -> offensive positions

7:00 - 7:10 WATER BREAK

7:10 - 7:55 ROTATION SESSION #2

3-6 graders -> offensive positions

7-8 graders -> defensive positions

7:55 - 8:05 WATER BREAK

8:05 - 8:25 TEAM COMPETITIONS

8:25 - 8:30 ANNOUNCEMENTS & DISMISS

### CAMP MISSION:

To expose ALL campers to ALL positions & skills associated with the game of football, as well as teach the importance of teamwork, discipline, and sportsmanship.

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## 2009 VARSITY FOOTBALL SCHEDULE

### SCRIMMAGES

AUG 15 4 Way @ Jerome. (A) 11 AM

AUG 21 Marion Harding (A) 7 PM

### REGULAR SEASON

AUG 28 Groveport (H)

SEPT 4 Grove City (A)

SEPT 11 Dublin Scioto (H)

SEPT 18 Hilliard Darby Ω ◎ ¥ (H)

SEPT 25 Upper Arlington Ω (A)

OCT 2 Westland Ω (A)

OCT 9 Hilliard Davidson Ω Σ (H)

OCT 16 Central Crossing Ω (A)

OCT 23 Dublin Coffman Ω (A)

OCT 30 T. Worthington Ω Π \$ (H)

Ω Denotes League Game

◎ Denotes Grandparents' Night

¥ Denotes Youth Booster Night

Σ Denotes Homecoming

Π Denotes Senior Parents' Night

\$ Denotes Senior Tackle

All games begin @ 7:30



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# KILBOURNE WOLVES FOOTBALL

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## 2009 TECHNIQUE CAMP

GRADES 3 - 8



Learning Football the  
Kilbourne Way!

State Playoffs - 2008,  
2005, 2004, 2001, 1999, 1997, 1992

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## 2009 Kilbourne Football Technique Camp / Grades 3 - 8

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

School \_\_\_\_\_

Grade (this fall) \_\_\_\_\_ Age \_\_\_\_\_

T-shirt size: (Circle One)

Youth:            M        L

Adult:            S        M        L        XL

The undersigned, as parent or guardian of the child named above, desire that my child participate in the football camp offered by the WKHS Quarterback Club and football staff of the Kilbourne Football Technique Camp and by execution of this release I agree that all requirements, directions, and standards set by the coaching staff and personnel, use of any equipment under the supervision of the coaching staff and personnel shall be deemed to have been accomplished for the benefit of my child.

In consideration of the efforts on my child's behalf, I do hereby voluntarily assume all risk of accident, injury, damage, and/or loss to my child or my child's property which may arise out of my child's participation in the football camp, hereby intending to release and discharge Worthington City Schools, the camp director and all personnel associated or connected with the football camp for every claim, liability, or damage of any kind caused by the negligence of Worthington City Schools, the camp director, personnel involved or otherwise which may result from participation in the football camp.

Authorization: I authorize and request Worthington City Schools and the football camp personnel to refer my child to other duly licensed medical personnel for necessary emergency treatment when indicated, including transfer to outside hospitals.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone number in case of emergency

Make check or money order payable to Vince Trombetti - WKHS QB Club. Complete and detach this registration form. Mail check and registration form to Coach Vince Trombetti, Kilbourne Football Camp, 7094 Donahue Ct., Columbus, Ohio, 43235. Fold on the dotted line, tear off registration form and include in the envelope with your check.

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### Who:

All students grades 3-8 (this fall)

### What:

All position, non-contact, football camp: teaching the fundamentals of offense, defense, kicking, punting, passing, catching, ball carrying, blocking, & tackling. Teaching the fundamentals of proper running form, and power techniques at an early age.

### When:

Monday thru Thursday  
July 20 - July 23  
6:00 pm - 8:30 pm

### Where:

Worthington Kilbourne H.S.  
1499 Hard Rd.

### Purpose:

Teach fundamental football and running skills in order to enjoy the sport and have fun and success when playing it, whether at home or in a league.

### Staff:

Vince Trombetti - Camp Director  
Head Varsity Football Coach  
Worthington Kilbourne H.S.  
[vtrombetti@worthington.k12.oh.us](mailto:vtrombetti@worthington.k12.oh.us)  
883-2625

Varsity Assistant Football Coaches  
Freshman Asst. Football Coaches  
Former & Present WKHS Players

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### Pre-Registration Fees:

\$50 for all campers (*reduced from last year!*)  
\$10 discount for second camper in same family.

Fees provide for the following:  
Practice/training facilities  
Football Camp T-shirt  
New Football (Jr. size)  
Water Bottle  
4 evenings of instruction  
Lots of fun!

### Walk-up & Late Fees:

Any registrations received after Friday, July 17, including campers registering on the first day of camp will be charged \$70. Please help us plan our camp and save yourself \$20 by registering early.

### Benefits:

- Improve football skills and fundamentals
- Improve running form and speed
- Improve ability to generate power
- Work with future teammates
- Work with future coaches

### What to bring:

- Tennis shoes, required, for inside gymnasium practice in case of inclement weather.
- Cleated shoes, optional, but recommended for instruction on grass (molded soles or screw-in cleats acceptable).
- Shirt, shorts, socks
- Water bottle