

JAMES W. "CHIEF" FARRIS

Chief, a former Fort Hill QB and VMI DB, believed that the basic principles of football mirrored those of life. To be successful you must work hard, believe in yourself, and be committed to your family or your team; no matter how tough the challenge may be.



MISSION STATEMENT

"Our mission is to teach boys and girls the fundamentals of football, competition and sportsmanship. Stressing the importance of goal setting and persistence in meeting life's challenges, and demonstrating how lessons learned through sport can help achieve success in life."

COST OF CAMP

\$30.00 for all three days, or \$10.00 per day.

LUNCH PROVIDED Saturday and Sunday.

Only three-day campers will receive T-shirts.

REGISTRATION

Preregistration by mail open until July 10.

Register at Bishop Walsh on:

- Saturday, June 27, 12:00-2:00 PM
- Monday, July 6, 6:00-8:00 PM
- Monday, July 13, 6:00-8:00 PM

On-site registration for Camp opens one hour before session begins each day.

CONTACT INFORMATION

www.BishopWalshSports.com

301-724-5360 ext. 107

info@bishopwalshsports.com or

rdigilarmo@bishopwalsh.org

NONPROFIT ORGANIZATION
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CUMBERLAND, MD 21502

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Cumberland, MD 21502
Phone: 301-724-5360
www.bishopwalsh.org
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FOOTBALL CAMP

**The James W. Farris
Football Camp
at Bishop Walsh
2009**

JULY 17
6:00-9:00 PM

JULY 18-19
9:00 AM-3:00 PM

**Bishop Walsh School
700 Bishop Walsh Road
Cumberland, MD 21502**

Ages 6 thru rising Seniors

www.BishopWalshSports.com

CAMP GUESTS/STAFF



Mike Joseph

Director of Strength/Cond. at WVU 2008—current, Asst. Strength Coach, Notre Dame 2003–2008, and Eastern Michigan 2001–2003.



Wes Ours

Former NFL Fullback—Titans 2001, Colts 2001–2002, Steelers 2003. Arena League—LA Avengers 2004, Philadelphia Soul 2005–2009. WVU 1996–2000.



Paul Johnson

WVU Asst. Coach Offensive Line GA, Former Ohio University Star



Mike Page

Former WVU WR 1999–2002 and Current Bishop Walsh High School Head Football Coach



Rick Wolford

Allegany High School Line Coach— Over 20 years football coaching experience in the Tri-State area. 2004 MD State semi-finalist, 2005 State Champions, 2007 State Finalist

Brad Hunt and Tim Farris

Former Defensive and Offensive WVU Linemen

Other Coaches include: Frank Pirolozzi, Gary Neus, Brian Caporale, Bruce Widdows and more.

GENERAL CAMP INFO

Camp is designed to help student-athletes improve their individual football techniques and provide an understanding of team concepts. Offensive and defensive position skills will be taught, as well as football-related strength, speed and agility training. The knowledge learned at this camp will improve the physical and mental abilities of the individual player and improve their team as a whole.

CAMP SCHEDULE

JULY 17: 6:00–9:00 PM

Parents are strongly urged to attend this special evening that provides priceless info on nutrition/training and FB101!!!

WVU Strength/Cond Dir. Mike Joseph will provide information concerning health/nutrition and physical training.

Wes Ours will share some of his football experiences from WVU, the NFL and the Arena Football League. His resume includes: NFL—Titans, Colts, and Steelers. AFL—LA Avengers, and Philadelphia Soul.

FB 101—Football 101—will go through many aspects of the game to ensure that campers are ready for the next two days of camp.

JULY 18–19: 9:00 AM–3:00 PM

Dynamic warm-up and flexibility, offensive and defensive specific position drills, deli lunch (provided), offensive and defensive team drills, competition drills.

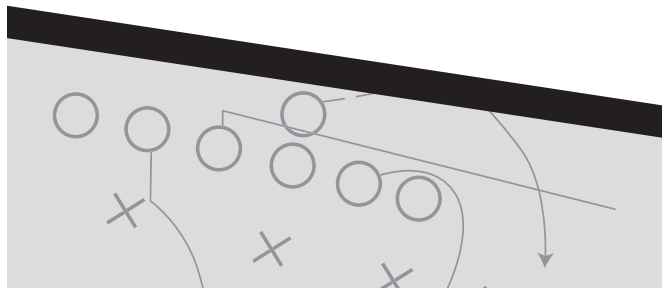
WHAT TO BRING

Camp T-shirt will be provided to three-day campers.

T-shirt (extra)	Shorts
Spikes/Cleats	Mouth Piece
Tennis Shoes	Towel
(in case of rain)	

Water and Powerade will be provided for all athletes.

Proceeds benefit the
**James W. Farris Memorial Fund at Bishop Walsh
and the Bishop Walsh Alumni Association.**



Registration Application 2009 James W. Farris Football Camp

**Please make checks payable to:
Bishop Walsh School**

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Age: _____ Grade (as of Fall '09): _____

Parent's Name: _____

Evening Phone Number: _____

Email: _____

Shirt Size (circle one): M L XL 2XL

Height: _____ Weight: _____

Years of football experience _____

Position(s) played (if none leave blank):

Offensive Position(s): _____

Defensive Position(s): _____

By signing below, I release Bishop Walsh School and the Bishop Walsh Football Coaching Staff from any financial responsibility in the event that my dependent, who is participating in 2009 James W. Farris Football Camp, is injured while participating in camp activities. I also consent to allow staff to take whatever action necessary for the health and welfare of my child in the event of any emergency.

Parent or Guardian Signature Date

Insurance Information

Insurance Company

Group Number

Policy Number