



## Bring the experience of NFL football to youth in your town!

### The RUSSELL ATHLETIC “TIPS” to setting up a Junior Training Camp:

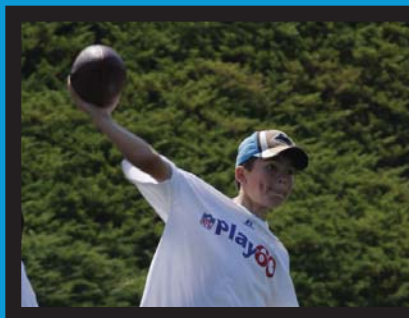
- ✓ Thoroughly read through entire JTC packet
- ✓ Fill out APPLICATION (page 2) Mail or fax it to the Carolina Panthers
- ✓ Once date has been confirmed by JTC Coordinator, fill-out CONFIRMATION (page 3) and fax it to the Carolina Panthers
- ✓ Remember:
  - ✓ Distribute liability sheet (page 5) to each participant. The Carolina Panthers must receive 75 waiver forms one (1) week prior to camp
  - ✓ Schedule athletic trainer, school nurse, or EMT to be on site for camp
  - ✓ Schedule volunteers to assist the JTC. Minimum 8 per session needed. Volunteers meet 20 minutes prior to the scheduled camp start time
  - ✓ Each session max. participants: 200  
Each session min. participants: 75  
Grades: 3rd - 7th
  - ✓ Host organization must provide ice, trash cans and locate a live electrical outlet convenient to the field of play

Thank you for your interest in The Carolina Panthers Jr. Training Camp (JTC). The JTC is currently scheduling schools, recreation centers, youth football associations and other non-profit organizations. We will travel to communities in North and South Carolina throughout the spring, summer and into October. The one-day clinics are scheduled Monday-Friday and usually start at 9:00 am. Unfortunately, due to player's schedules, **Carolina Panthers players are unable to be involved with the clinics.**

The Jr. Training Camp is a **FREE**, grass roots sports program designed to encourage children to become more physically fit. Each JTC consists of five stations that challenge youngsters to run, throw and catch footballs while improving their coordination skills. Each camp is led by a counselor who will work with the children to stress the importance of a healthy lifestyle, character development and education. Waiver forms should be sent home and collected once a date has been confirmed. **The Carolina Panthers require that we receive a minimum of 75 participants waiver forms faxed/mailed one week prior to camp. The remainder will be collected the morning of your camp. The camp will be cancelled if the host does not have completed waiver forms or there will be less than 75 participants.** The remaining information packet contains the JTC application, site requirements, confirmation sheet, student/participant release and a sample JTC timeline. **Please carefully read through all information as there are site requirements associated with hosting a JTC.**

The Carolina Panthers would like to thank team partners **Gatorade and Russell Athletic** for their support.

“Coach” Pete Vacho  
Carolina Panthers JTC Coordinator  
Ph: 704-358-7000





# APPLICATION



**Please apply first, your confirmation sheet is not needed until your camp date is set.**

The Carolina Panthers Junior Training Camp (JTC) is a free skills clinic designed to bring the life-sized experience of an NFL Training Camp to youth in your area. This outdoor classroom reinforces life skills such as discipline, teamwork and respect.

- \* The Carolina Panthers JTC can serve up to 200 children, grades 3rd-7th, per session.
- \* The Camp requires a flat, grass surface **no less** than 60 x 40 yards.
- \* Each organization must provide a minimum of eight (8) **adult** volunteers to assist with camp activities. Please do not schedule teen volunteers.
- \* Each organization must return all liability forms and other requested information prior to event.
- \* Each organization must provide an athletic trainer, school nurse, or EMT to be available at each camp.
- \* Please fill out this form completely and mail to: **Carolina Panthers, Attn: Peter Vacho, Community Relations • 800 South Mint Street • Charlotte, NC 28202 or fax to 704.358.7618.** Please feel free to attach a cover letter or any other material that better illustrates the mission of your organization.
- \* The Carolina Panthers Junior Training Camp **does not include Panthers player participation.**

Youth Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Ph: \_\_\_\_\_ Email (required) \_\_\_\_\_ Fax \_\_\_\_\_

Contact Name \_\_\_\_\_ Mobil Phone # \_\_\_\_\_

Requested date \_\_\_\_\_ Alternate dates \_\_\_\_\_

Camp Location \_\_\_\_\_ Time (s) \_\_\_\_\_

Event description \_\_\_\_\_

Group Size (Qty. #) \_\_\_\_\_ Audience Age Range (3rd-7th grade) \_\_\_\_\_

Local Media Contacts – Please provide as we will send out press releases for the camp.

Name	Affiliation	Phone/Fax Number
_____	_____	_____
_____	_____	_____
_____	_____	_____

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# CONFIRMATION SHEET



*Please complete and return this confirmation form as soon as your JTC date has been confirmed verbally or via email by the Carolina Panthers. Our fax number is (704) 358-7618.*

Organization's name \_\_\_\_\_

Phone # with area code \_\_\_\_\_

Mobile number \_\_\_\_\_

E-mail (required) \_\_\_\_\_

Date of camp \_\_\_\_\_

Contact person \_\_\_\_\_

Athletic trainer \_\_\_\_\_

Est. # of kids per session (200 max)	_____	_____	_____
	Session 1	Session 2	Session 3

Adult volunteers provided (min. Of 8)	_____	_____	_____
	Session 1	Session 2	Session 3

Time of session (s)	_____	_____	_____
	Session 1	Session 2	Session 3

Camp location address w/ zip: \_\_\_\_\_

Approximate travel time: \_\_\_\_\_

Detailed intructions to the organization from Hwy 77, Hwy 85, or Hwy 74  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# SITE REQUIREMENTS



**Every school, recreation center, youth football association or other non-profit organization must meet the following requirements in order to schedule a Carolina Panthers Jr. Training Camp. For safety reasons, if these requirements are not met, the Camp Coordinator reserves the right to cancel the clinic at anytime.**

- 1) Each child must have a waiver signed by a parent or guardian in order to participate. Children will not be allowed to participate in the clinic without a waiver.
- 2) Each school must provide a safe, grass playing field with enough space to accommodate a minimum of four (4) stations, a 40 x 40 yard space. For safety reasons, camps cannot be held on tar, cement, concrete, sand surfaces, or basketball courts.
- 3) Each school, rec. center, or organization must provide a minimum of eight (8) adult volunteers to man the skills stations.
- 4) JTC sessions accommodate 200 children per session (three sessions max). Sessions typically start at 9:00 AM. Activities are appropriate for boys and girls. Because of the high demand for JTC clinics in NC/SC, each site must guarantee a minimum of 75 participants by faxing/mailing in signed waivers one (1) week prior to confirmed camp date.
- 5) Each school, rec. center, youth football association or other non-profit organization should call for a confirmation date before returning the confirmation sheet. Once a date has been agreed upon, the confirmation sheet should be faxed or mailed to the Panthers. Camp dates cannot be reserved without a confirmation sheet.
- 6) The volunteer coaches should plan to meet the Jr. Training Camp Coordinator 20 minutes prior to the scheduled assembly. At that time, the curriculum will be reviewed and the coordinator will demonstrate the drills.
- 7) The Carolina Panthers will provide Gatorade, cups and two (2) coolers. The host organization should provide the ice, trash receptacles and dispose of any garbage.

**Clinics must be cancelled with any threat of lightning. Rain cancellations/delays will be made at the discretion of the JTC Coordinator in concert with the site contact person.**



# LIABILITY RELEASE



The Event: The \_\_\_\_\_ Junior Training Camp held on \_\_\_\_\_  
The Child: \_\_\_\_\_ (Name)  
Address: \_\_\_\_\_

## THE JUNIOR TRAINING CAMP IS A NON-CONTACT CAMP

*For more information on the camp, please go to [www.panthers.com/community](http://www.panthers.com/community)*

In consideration of the Child's right to participate in the Event, I agree as follows:

1. I authorize the Child to participate in the Event.
2. **I acknowledge that the Child's participation in the Event involves risk of serious bodily injury, death, and/or property damage.** I assume and accept all risk of bodily injury, death, property damage and other harm connected with the Child's participation in the Event. I acknowledge that I am responsible for any and all medical expenses due to the Child's illness or injury in connection with the Event.
3. **I acknowledge that the Event may involve strenuous and hazardous physical activities** and I certify that the Child is in excellent physical health and has no physical limitations that would prevent the Child from participating in the Event. I grant permission to the Camp Parties (defined below) to provide the Child with emergency medical treatment if needed.
4. I hereby indemnify, hold harmless and release Panthers Football, LLC, the National Football League and its thirty-two Member Clubs, Gatorade, The Quaker Oats Company and Stokely-Van Camp, Inc., Rack Room Shoes and each of their respective affiliates, officers, directors, employees, agents or representatives ("Camp Parties") for and from any and all liability for all claims, demands, losses, damages and costs, including reasonable attorneys' fees, that arise out of or in connection with any personal injury, property damage, and/or other loss suffered by the Child in connection with the Child's participation in the Event.
5. I authorize the Camp Parties to take videotapes and photographs of the Child and to record the child's voice, conversation and other sounds during and in connection with the Event. I acknowledge that the Camp Parties shall own exclusively all copyright and other rights in and to such tapes, photography, and recordings and may use them forever and throughout the world in any manner without compensation to me or the Child. I authorize the Camp Parties to use the Child's name, voice, likeness, and any biographical facts provided to the Camp Parties in advertising and promoting the Events or any National League Football game without further compensation.
6. I certify that I am the parent or legal guardian of the Child.
7. I acknowledge that I have read this Release, fully understand its contents and have signed below of my own free will.

SIGN NAME: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# SAMPLE TIMELINE

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## First Session: 9-10:45 AM

- 8:00-9:00 AM** Panthers arrive and meet on-site coordinator one hour before camp start time. Begin set-up and volunteers arrive at 8:30 am.
- 8:40-9:00 AM** Volunteers are given instruction on each station by the Jr. Training Camp Coordinator. Kids are verbally given a number from 1 to 5 by the site coordinator BEFORE ARRIVING AT THE JTC.
- 9:00 AM** JTC clinic begins
- 9:15 AM** JTC coordinator concludes comments; kids are escorted to the station by the teacher/volunteer
- 9:20-10:30 AM** Jr. Training Camp Stations 1- 8
- 10:35-10:45 AM** Closing comments/individual awards/group gifts
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## Second Session (if applicable): 11-12:45 PM

- 11:00 AM** JTC clinic begins
- 11:15 AM** JTC coordinator concludes comments; kids are escorted to the station by the teacher/volunteer
- 11:20-12:30 PM** Jr. Training Camp Stations 1- 8
- 12:35-12:45 PM** Closing comments/individual awards/group gifts
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## Third Session (if applicable): 1-2:45 PM

- 1:00 PM** JTC clinic begins
- 1:15 PM** JTC coordinator concludes comments; kids are escorted to the station by the teacher/volunteer
- 1:20-2:30 PM** Jr. Training Camp Stations 1- 8
- 2:35-2:45 PM** Closing comments/individual awards/group gifts



## **RUN AN NFL PUNT, PASS & KICK COMPETITION AFTER YOUR NEXT JUNIOR TRAINING CAMP!**

**The PP&K program is FREE!** Both to organizers who host a Local competition and to every youngster who wants to participate! The NFL Punt, Pass & Kick program is a national skills competition for boys and girls between the ages of 8 -15 to compete separately against their peers. Girls and boys in four separate age divisions (8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum.

### **BENEFITS**



Program is free charge



Every Local Host will receive an Administrative Kit

Kit includes:

1. PP&K Playbook
2. Age Verification Chart
3. One Junior Size Football (f1516) and One Intermediate Size Football (f1518)
4. Kicking Tees (football-style and soccer-style included)
5. 1st, 2nd and 3rd place ribbons and Certificates for all participants
6. Promotional flyers to advertise your event
7. Envelope to return all completed entry forms after your event



In every Local Competition, the top scorer in each age division for boys and girls advances to the Sectional Competition.



The top five first-place scorers in each age group from the pool of Sectional Competition champions advance to the Team Championship at a Carolina Panthers game.

### **It's easy to register! Follow these simple steps:**

1. Go to [www.nflppk.com](http://www.nflppk.com)
2. Click "Local Host" to Register Online
3. PPK Kit will arrive in 7-10 business days
4. Schedule the date, time and location
5. Advertise your competition
6. Run the event
7. Report your winners online

### **If you have further questions, you may contact:**

NC PPK State Chair - Michelle Wells, 919-832-5868 or [michelle@ncrpa.net](mailto:michelle@ncrpa.net)

SC PPK State Chair - Jim Headley, 803-808-7753 or [jim@scrpa.org](mailto:jim@scrpa.org)