

Dear Camper,

My idea of a camp is different than most.

As a player, a camp is an investment to improve at something you truly enjoy. As a coach, my desire is to

teach, motivate, challenge and develop each player in a positive way.

My staff and I are professional, knowledgeable, and experienced. Most importantly, we are anxious to work with those players who answer yes to the question:

“Do you desire to improve your football skills?” Each position coach will teach the most up-to-date techniques.

Our staff’s study halls are the major college practice fields across the country including: Syracuse, Ohio State, Boston College, Rutgers, the University of Maryland and the University of Virginia.

As a head coach for 24 years, our team has reached the State Playoffs the last 20 out of 24 seasons. Winning the 2006 State Championship. I personally have earned recognition as a State All-Star Coach, and I was nominated Coach of the Year by the N.F.L. and the N.Y. Giants. I have helped place over 80 players on the college level.

If you want to learn football & have a great time, I invite you come to our camp.

Yours in football,

Coach Mike Sheridan

Camp Director & Head Coach St. Mary. H.S.



Fourth & Goal Coaching Staff

Head Coach Mike Sheridan - Played LB at Boston College & U. of Maryland, Head Coach St. Mary H.S.- 8 league titles, 20 time state playoff contender 2006 State champion, NFL H.S. Coach of the Year Award

Martin Besterce - LB University of Delaware
D. Coordinator St. Mary H.S.

Kurt Velenti - O. Coordinator St. Mary H.S.
BCSL Asst. Coach of the Year 2006

Brandon Graham - OL U. of New Hampshire
O. Line Coach St. Mary H.S.

Matt Merli - DL Iona University
D. Line Coach St. Mary H.S.

Joe Ryan - LB Utica College
LB Coach St. Mary H.S.

Featured Players

LeVar Starr - Hofstra University, DB

Steven Armstrong - Montclair St. University WR

Andrew Elford - Ohio State University - OL

Mike Schmeding - Michigan State Univ. - OL

Jim O'Connor - Charleston Southern - FB

Da'Mon Merkerson - Syracuse University WR/CB

Brian Crockett - Colgate University - OL



- **Our Four day camp is designed to improve basic skills & learn techniques with lectures, demonstrations & drill sessions held daily.**
- **Demonstrations from current Division I college football players.**
- **Limited enrollment to insure personal instruction.**
- **Individual assessment and instruction for all positions:**
 - Kicking
 - Receivers
 - Quarterbacks
 - Defensive Line
 - Backs
 - Linebackers
 - Centers
 - Secondary
 - Interior Offensive Lineman
- **Mouthpiece required**
- **Bring A Brown Bag Lunch**

Fee's

Four-day Camp \$135.00

Insurance 15.00

Total \$150.00

Make checks payable to:

Sheridan's 4th & Goal

For more information, call

(201)933-5220 ex. 270

Web Site: www.stmaryhs.org

Then, go to Announcements

SHERIDAN'S

FOURTH & GOAL FOOTBALL CAMP

Application

Name.....

Street Address.....

City.....State...Zip.....

Home Telephone.....

Name of Parent/Guardian.....

School attending

Age..... Grade 9/10.....

Position

Offense.....

Defense.....

Height..... Weight.....

Shirt Size (Mens) S.....M.....L.....XL.....

Are there special health conditions that **Fourth & Goal** should know about?

___ No ___ Yes, if yes, explain.....

I understand that the tuition to be paid is for the designated dates and covers instruction, camp shirt, and insurance. A \$50 nonrefundable camp deposit must accompany this application, with the balance to be paid no later than the opening day of camp. No deduction shall be allowed for late arrival or early departure. I hereby certify that my son is in good health and may participate in all camp activities. In case of an emergency I give permission for my son to be given emergency treatment at a local hospital.

I understand that **Fourth & Goal Football Skills Camp**, the camp staff nor anyone connected with the camp will not assume any responsibility for accidents, medical or dental, or other expenses incurred as a result of accidents during camp.

Hold Harmless Agreement

Parent or Guardian Signature

Date

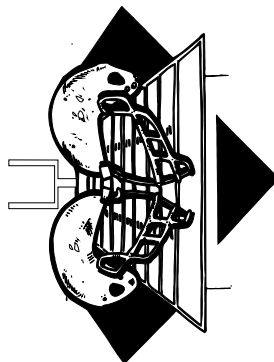


SHERIDAN'S FOURTH & GOAL FOOTBALL SKILL CAMP

Coach Mike Sheridan - Director

322 Carmita Avenue

Rutherford, NJ 07070



Coach Sheridan's **Fourth & Goal** Football Skill Camp



SHERIDAN'S FOURTH & GOAL FOOTBALL SKILL CAMP

Do you have the desire to improve your game? Then this is the camp for you.

**Varsity Grades 9 - 12 &
Junior Grades 5 - 8**

Monday-Thursday
June 28rd - July 1st

Camp Held

9:00 AM - 3:00 PM

Tamblyn Field
Woodland Ave.
Rutherford, NJ

**Speed, Strength &
Development Camp 2010**

Speed & Strength Development Included