

Camp Director — Tony Karcich
Head Coach at St. Joseph Regional H.S.
Coach Karcich has 34 years of experience
as a head coach on the high school level.

He is Bergen County's all-time
winningest coach with 300 wins and
17 State Championships.

Camp Objective

The Green Knight football camp is a
non-contact instructional football camp,
designed to develop and improve the
skills necessary to become a better
football player. Each camper will learn
the same techniques and fundamentals
that are taught to our St. Joseph Regional
HS players. Pride, Discipline, Attitude
and Team are qualities that we emphasize
every day. You will also learn about
leadership, self-awareness, and setting
goals in order to promote individual
success. Most importantly, you will
have the opportunity to work with some
outstanding players and coaches and
have a memorable experience.

Who May Attend

Student/Athletes who will be
entering the 4th through 10th grade.

Cost

The fee for each session is \$175,
which includes camp T-Shirt and
camp barbeque.



Camp Staff

St. Joseph Regional H.S. Football Coaching
Staff, Present and Former College Players
representing Boston College, Louisville,
Penn State, Pittsburgh and Rutgers.

Camp Features

Non-Contact Camp * Instruction on the
techniques and fundamentals of Offensive
and Defensive Football * Special Team Play
* Mechanics of Running * Weight Training *

Chalk Talks * Motivational Speakers *

SJR Highlight Tapes *

Camp T-Shirt — Barbeque

What to Bring to Camp

Football shoes, sneakers, T-Shirt, Gym
Shorts, Sweat Socks, Towel.

Lunch (Soft drink will be provided)

In the Event of Rain

Camp will be held with lectures and
demonstrations in the gymnasium
and school auditorium.

For Further Information

Call Coach Karcich at (201)391-8978,
(201)666-5627 or visit our website:
www.saintjosephregional.org

Registration Form

Name _____
(Last) (First)

Address _____
(Number) (Street)

(Town) (State) (Zip)

Phone () _____

Entering Grade _____ Age _____

T-Shirt Size (MEN'S) S M L XL XXL
(Circle One)

_____ 1st Session (June 28th - July 1st) - \$175

_____ 2nd Session (July 6th - July 9th) - \$175

_____ Will Attend Both Sessions - \$325

APPLY EARLY!!
**BOTH SESSIONS WERE FILLED
TO CAPACITY
LAST YEAR**
Please make checks payable to:
Green Knights Football Camp

And return to:
Coach Karcich
St. Joseph Regional HS
40 Chestnut Ridge Road
Montvale, N.J. 07645

(Parent/Guardian signature
required on reverse side)