

Coach Migliorino – Immediately following a standout playing career at Montclair State University, Keith Migliorino joined the Kean University Staff in 2003 as a LB Coach, he worked his way up and was named Special Teams Coordinator 2 seasons later.

In his 5th season Migliorino was offered the Defensive Coordinator Job, he eagerly accepted making him the youngest Defensive Coordinator in the NJAC.

Migliorino has been a defensive Coordinator for 10 seasons. Under his tutelage the Cougar defense ranked in the top 20 in the nation in five different categories, including in the top 10 in pass efficiency defense, total defense, sacks and scoring defense. The Cougars, who also ranked in the top two in the New Jersey Athletic Conference in each of those categories, shattered the school record for fewest rushing yards allowed in a season, after limiting their opponents to just 916 yards rushing in 11 games.

Migliorino has been invited as a guest speaker at various football clinics in New Jersey. He was selected as Assistant Coach of the Year at Kean University. In 2014 he was nominated to attend the NFL-NCAA academy for coaching and has also served as the Head Coach for a National Collegiate All-Star game. Migliorino also holds a Masters in Education.



HIGHLANDS Youth Football Skill Development



@ Northern Highlands
Regional High School
298 Hillside Ave. Allendale, NJ 07401

Phone: 201-240-9563 – Christine Migliorino
Email: christinemigs17@gmail.com

HIGHLANDS YOUTH FOOTBALL SKILL DEVELOPMENT

July 16th through 19th, 2018
9 a.m. to 3 p.m.

In Cooperation with the USR
Recreation Committee

Ages: 6-13

Four Day Camp

Drop off / Pick up

**at Northern Highlands Regional
High School**



REGISTRATION FORM: PRINT CLEARLY

Name

Address

Phone

Emergency Contact

Email

Position (Select 2): QB RB WR TE OL / DL LB DB

Age

Youth T-Shirt Size S M L XL

Adult T-Shirt Size S M L XL

REGISTRATION FEES

	#ATTENDING	COST	TOTAL
Tuition	@	\$325.00	

NO Personal checks accepted on day of the clinic**MAKE CHECKS PAYABLE TO:****Highlands Football Camp LLC****RETURN FORM & PAYMENT BY June 8th TO:**

Highlands Football Camp LLC
 c/o Keith Migliorino
 77 John Street
 Little Ferry, NJ 07643

WAIVER

I realize that activity in any athletic activity involves risk of injury. I hereby agree to waive any claim against Northern Highlands Regional High School, Highlands Football Camp LLC and its instructors for any injuries suffered by my child during this clinic.

Parents Signature

Date

CLINIC INSTRUCTION**OFFENSIVE DRILLS:**

- QUARTERBACK DRILLS
- RUNNING BACK DRILLS
- WIDE RECEIVER DRILLS
- OFFENSIVELINE DRILLS

DEFENSIVE DRILLS:

- LINEBACKER DRILLS
- DEFENSIVE BACK DRILLS
- DEFENSIVE LINE DRILLS

Each Camper will learn basic fundamentals and drills taught by qualified coaches, improving their overall knowledge and skills. We will provide a fun atmosphere that will promote teamwork, sportsman- ship, discipline, hard work, and of course safety.

SCHEDULE:**9:00AM Check-in / Walk-up****Registration****9:30AM Warm Up****10:00AM Offensive Skills and Drills****11:00AM Break****11:15AM Games / Competition****12:00PM Lunch****1:10PM Warm Up****1:30PM Defensive Skills and Drills****2:30PM Games / Competition****3:00PM Camper Pick up****TUITION**

- Pre-Registration fee is \$325.00
- Walk-up registration on the day of the clinic is \$375.00
- Duration – Four (4) days July 16th – July 19th
- No personal checks accepted at the door

WHAT TO BRING

- Sneakers or Turf Shoes
- Shorts & T-Shirt (Indoors)
- Lunch & Drinks
- OUTSTANDING Attitude

CONTACT INFORMATION

Highlands Football Camp LLC

Phone: 201-240-9563 - Christine

Email: christinemigs17@gmail.com

DIRECTIONS

www.northernhighlands.org
 Click Directions

Northern Highlands Regional High School
298 Hillside Ave.
Allendale, NJ 07401