



- **Frequently Asked Questions For CAMP COWBOYS:**
- **Q: How do we get in contact with someone on-site at camp if we have a question or need to get a message to one of the campers?**  
**A: Email is the best form of communication. Email [youthfootball@dallascowboys.net](mailto:youthfootball@dallascowboys.net). The week of camp, you may also call (817) 892-4660. For emergencies, you may also call (214) 907-4996 (cell) or (972) 556-9900 and email [jarmstrong@dallascowboys.net](mailto:jarmstrong@dallascowboys.net) .**
  
- **Q: What Special Guests have appeared at the 5-day sessions of CAMP COWBOYS?**  
**A: Jason Garrett, Tony Romo, DeMarcus Ware, Marc Colombo, Leonard Davis, Andre Gurode, Jesse Holley, Bradie James, Kyle Kosier, Bryan McCann, Cory Proctor and more**
  
- **Q: Do Cowboy Players coach the kids?**  
**A: No, The coaches are members of our Dallas Cowboys Youth Football Academy Coaching Staff and are selected from across North Texas with different levels of experience-professional, college, high school, middle school and other recreational groups. We do our best to have special appearances by multiple current and former Dallas Cowboy guests including players, coaches and mascot(subject to availability).**
  
- **Q: What kind of supervision do campers receive?**  
**A: Campers are always escorted by their own coach to all destinations and activities throughout the day. Our coaches understand that their role of ensuring the safety of the campers is just as important as anything they will teach the kids on the football field. In addition, we will take all of the necessary precautions during the warm summer months to ensure the safety of the participants.**
  
- **Q: May I visit the camp during the week?**  
**A: YES. However, while at Cowboys Stadium and other camp sites, we have very strict rules and regulations on-site for the safety of the participants, guests and Dallas Cowboys Football Club. We welcome guests to stay and watch their child play during the day's activities in a variety of ways. (more specific details for each camp site will be sent out 1 week prior to the start of camp)**
  - **COWBOYS STADIUM: First, for the greatest amount of access inside Cowboys Stadium, we recommend you sign-up in advance for a daily tour through Cowboys Stadium—email [youthfootball@dallascowboys.net](mailto:youthfootball@dallascowboys.net) and let them know how many Cowboys Stadium Tour ticket you may be interested in purchasing at a CAMP COWBOYS discounted price of \$12 (3-Day tour tickets are \$20 and 5-day tour tickets are \$40).**
  - **COWBOYS STADIUM: Second, approximately the first 30 minutes and last 30 minutes of camp will be open to guests. Guests will be required to stay in a designated section with camp staff. Outside of the tour guests, like many**

other summer camps, no one other than the camp participants and camp staff will be allowed on the stadium field or into the locker rooms, so family/friends will be required to sit in the stands, etc. (Guests without tour tickets will only be allowed inside the stadium during the first 30 minutes and last 30 minutes to drop off participants and pick up participants respectively).

- **VALLEY RANCH:** At the Dallas Cowboys Headquarters facility in Valley Ranch, guests will be allowed to stand and watch during the first 30 minutes and last 30 minutes of camp each day. Guests will be required to stand in a designated section with camp staff. (Guests will only be allowed at Valley Ranch during the first 30 minutes and last 30 minutes of each camp session to drop off participants and pick up participants respectively).
- **CAMP SITES OTHER THAN COWBOYS STADIUM AND VALLEY RANCH:** Guest may stay and watch camp sessions, but they will be required to stay in designated areas (typically the stadium bleachers, etc). Guests are not allowed on the playing field or in the locker rooms, etc.
  
- **Q: Can my child be assigned to the same teams as his/her friend(s)?**  
**A: Possibly, please document special requests on your enrollment form and we will do our best to accommodate. However, in some instances we can not accommodate due to our attempts to keep the camp fun and fair for everyone involved.**
  
- **Q: Will my child be at a disadvantage if he/she has never played football before?**  
**A: Campers are assigned to leagues based on both age & ability. This is an instructional camp where we emphasize learning the fundamental skills of the sport more than winning or losing. We try to do our best to be sure every camper is put in a position to succeed.**
  
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- **Q: Can my child move up or down in divisions?**  
**A: Yes, the coaches may have to evaluate the personnel and make some adjustments to keep the team as even as possible, they will ask some children whether they would like to move up, move down or stay in the same league.**

**Q: What does my child need to bring?**

**A: Campers simply need to come ready to play. They should wear football cleats and/or tennis shoes. They should bring sunscreen and a hat, because we will be participating in both indoor and outdoor activities throughout the week. They may also bring an extra pair of socks to wear if they decide to change mid-day. Camp Cowboys 2012 jerseys and shorts will be distributed during registration on Monday morning for each participant to wear each day. Mouthpieces are not required, but are recommended.**

- **Q: May I change my session?**  
**A: You are able change your session(s) at anytime as long as space is available in the session of your choice. Please contact us by phone or email with your request.**
  
- **Q: Can I cancel my registration?**  
**A: Refund of Registration Fee (less a non-refundable Cancellation Fee of \$50.00) requires receipt of written notice of cancellation no later than 72 hours prior to the start of the first day of the session. Refund of the balance will be processed during the accounting period two weeks after the conclusion of the final camp. Campers who have to leave due to illness or injury will receive a prorated refund based on the number of days missed. No refunds will be given to campers who voluntarily leave camp (i.e. - Homesickness).**

- **Q: What is on the lunch menu? [9AM-4PM Full-Day Camp Only]**  
**A: Complimentary drinks provided by Dr Pepper**
  - Complimentary sports drinks provided by Gatorade
  - Complimentary lunch provided by Papa Johns Pizza on Wednesday
  - Camp participants bring their own lunch Monday, Tuesday, Thursday and Friday**Refrigerators and microwaves will not be available for use.**
  
- **Q: If my child has special meal requirements such as allergies to certain food, eating Kosher or being a vegetarian, what do I do? [9AM-4PM Day Camp Only]**  
**A: In addition to making the appropriate arrangements by bringing a lunch each day that meets the special requirements, please detail the information on your registration form and be sure to talk to the trainer when you register your child on the first day.**
  
- **Q: Should my child bring a water bottle?**  
**A: Complimentary water, Gatorade, and paper cups will be available all-day to the campers. Please encourage the participants to drink plenty of fluids before, during and after camp each day.**
  
- **Q: Restrooms?**  
**A: Restroom locations are very limited. We will have access to restrooms throughout the day, but we encourage campers to go to the restroom during scheduled breaks in order to maximize their time on the field. In addition, participants will be encouraged to visit the restrooms during breaks with a group for additional safety.**
  
- **Q: Do you provide transportation?**  
**A: No, parents/guardians are required to bring their child to camp, check them in and also check them out. Campers may carpool with other campers, as long as the camper knows who is responsible for picking him/her up each day.**
  
- **Q: Is there any medical/training staff at the camp?**  
**A: We have an Athletic Trainer on duty at all times.**
  
- **Q: Can my child bring electronic games, MP3 players, television, etc.?**  
**A: We do not recommend bringing anything of value. We will not be responsible for lost or stolen items.**
  
- **Q: Does my child need extra money at camp and where should he keep it?**  
**A: No.**
  
- **Q: What time is registration on the first day? [Day Camp Only]**  
**A: From 8:30am to 9:00am. If you happen to be running late, please do not worry. We will register your child with no problems when you do arrive. We would rather you travel safely than to rush.**
  
- **Q: What time should I pick up my child each day?**  
**A: Camp dismissal is at 4pm for full-day camps. Please arrange for a prompt pick-up. The campers will be released as a group outside the stadium, near Entrance K (the same entrance they entered through earlier in the morning) next to Parking Lot 10.**
  
- **Q: When is the Medical Release Waiver due?**  
**A: We must have a signed and fully completed "hard" copy of the Medical Release Waiver on file prior to any child's participation in camp—no exceptions. Please bring the completed waiver to check-in on the first morning of camp.**
  
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- **Q: How many campers do you allow each week?**  
**A: The number of participants varies based on location. At every location we work to ensure there is a low player-to-coach ratio.**



**JOIN AMERICA'S TEAM FOR FUN FILLED FOOTBALL INSTRUCTION ALL  
SUMMER**

**At CAMP COWBOYS 2012, boys and girls ages 7-14 learn to run, throw, catch, kick, block and defend just like the pros through five days of non-contact football skill instruction, games, contests and player evaluation. Instruction will challenge experienced players and effectively introduces newcomers to the game. CAMP COWBOYS 2012 promises to be a fun-filled experience with memories that will last a lifetime**

**CAMP COWBOYS 2012 5-DAY SESSION DAILY SCHEDULE (SAMPLE):**

<b>8:30AM-9:00AM</b>	<b>Check-In/Pre-Practice/Introductions</b>
<b>9:00AM-9:15AM</b>	<b>Warm-Up &amp; Stretch</b>
<b>9:15AM-9:45AM</b>	<b>Agility Stations</b>
<b>9:45AM-9:50AM</b>	<b>BREAK</b>
<b>9:50AM-10:00AM</b>	<b>Character Development</b>
<b>10:00AM-10:30AM</b>	<b>Defensive Skill Stations</b>
<b>10:30AM-10:40AM</b>	<b>BREAK</b>
<b>10:40AM-11:00AM</b>	<b>Individual Contests</b>
<b>11:00AM-NOON</b>	<b>Flag Football Games</b>
<b>NOON-12:50PM</b>	<b>LUNCH BREAK/Cowboys Video Highlights</b>
<b>12:50PM-1:00PM</b>	<b>Character Development</b>
<b>1:00PM-2:00PM</b>	<b>Offensive Skill Stations</b>
<b>2:00PM-2:10PM</b>	<b>BREAK</b>
<b>2:10PM-2:30PM</b>	<b>Locker Room Chalk Talk</b>
<b>2:30PM-2:50PM</b>	<b>Special Teams Stations</b>
<b>2:50PM-3:00PM</b>	<b>BREAK</b>
<b>3:00PM-3:15PM</b>	<b>Team Contests</b>
<b>3:15PM-3:45PM</b>	<b>Flag Football Games</b>
<b>3:45PM-4:00PM</b>	<b>Closing Coaches Remarks/Players Released</b>

**CAMP COWBOYS 2012 3-DAY SESSION DAILY SCHEDULE (SAMPLE):**

<b>7:45AM-8:15AM</b>	<b>Check-In/Pre-Practice/Introductions</b>
<b>8:15AM-8:30AM</b>	<b>Warm-Up &amp; Stretch</b>
<b>8:30AM-8:45AM</b>	<b>Agility Stations</b>
<b>8:45AM-8:50AM</b>	<b>BREAK</b>
<b>8:50AM-9:00AM</b>	<b>Demonstration/Discussion of Defensive Football 101</b>
<b>9:00AM-10:00AM</b>	<b>Defensive Skill Stations</b>
<b>10:00AM-10:10AM</b>	<b>BREAK</b>
<b>10:10AM-10:20AM</b>	<b>Demonstration/Discussion of Offensive Football 101</b>
<b>10:20AM-11:20AM</b>	<b>Offensive Skill Stations</b>
<b>11:20AM-11:30AM</b>	<b>BREAK</b>
<b>11:30AM-11:45AM</b>	<b>Offensive Skill Stations/Flag Football</b>
<b>11:45AM-11:55AM</b>	<b>Contests</b>
<b>11:55AM-12:00PM</b>	<b>Closing Coaches Remarks/Players Released</b>

**LIABILITY WAIVER & PHOTO RELEASE**

**The Event (name):**     **CAMP COWBOYS 2012**

**Date of the Event:**     \_\_\_\_\_

**Location:**             \_\_\_\_\_

**The Participant (full name):** \_\_\_\_\_

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

- 1) I authorize the Participant to participate in the Event.
  
- 2) I acknowledge that the Participant'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 Participant's participation in the Event. I acknowledge that I am responsible for any and all medical expenses due to the Participant'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 Participant is in excellent physical health and has no physical limitations, medical ailments, physical or mental disabilities that would prevent the Participant from participating in the Event. I grant permission to the Event parties to provide the Participant with emergency medical treatment if needed.
  
- 4) **I hereby indemnify, hold harmless, agree not to sue, and release the Parties: Dallas Cowboys Football Club, Ltd., any Dallas Cowboys player, Gene and Jerry Jones Family Charities, Cowboys Stadium, L.P., the National Football League, any participating agencies, their officers, directors, members, employees, volunteers, owners, agents, affiliates and corporate sponsors both as organizations and each person individually 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, even injury resulting in death, property damage, and/or other loss suffered by the Participant in connection with Participant's participation in the Event.**
  
- 5) I authorize the Parties to take photographs and videotapes of the Participant and to record the Participant's voice, conversation and other sounds during and in connection with the Event. I acknowledge that the 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 Participant. I authorize the Parties to use the Participant's name, voice, likeness, and any biographical facts provided to the Event in advertising and promoting the Parties without further compensation.
  
- 6) I certify that I am the parent or legal guardian of the Participant, should the Participant not be of a legal age to sign this release.
  
- 7) I acknowledge that by signing this release I will be forever prevented from suing or otherwise claiming against the Parties for any property loss or personal injury that may be sustained while participating in or preparing for the Event.
  
- 8) I acknowledge that I have read and understand this release fully, understand its contents, and I am aware that by signing this release I am waiving certain legal rights which me or my heirs, next of kin, executors, administrators and assigns may have against the Parties.
  
- 9) I have signed this release of my own free will.

**PARENT / GUARDIAN MUST SIGN AND COMPLETE INFORMATION BELOW**

**PARENT / GUARDIAN SIGNATURE:** \_\_\_\_\_

**PRINT PARENT / GUARDIAN FULL NAME:** \_\_\_\_\_

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

**PHONE:** \_\_\_\_\_     **E-MAIL:** \_\_\_\_\_