

JEFFERSON FOOTBALL



2019 SCHEDULE

08/30 @ CEDAR RAPIDS, KENNEDY
09/06 MUSCATINE
09/12 *LINN-MAR, MARION (HC)
09/20 @ CEDAR RAPIDS, WASHINGTON
09/27 @ WATERLOO, WEST
10/03 CEDAR FALLS
10/11 @ PRAIRIE, CEDAR RAPIDS
10/18 DUBUQUE, HEMPSTEAD
10/25 DUBUQUE, SENIOR
11/01 ROUND 1 PLAYOFFS
11/08 QUARTERFINAL ROUND
11/15 SEMI FINAL ROUND
11/22 4A STATE CHAMPIONSHIP

All Sophomore Games start at 5:00 p.m.
Varsity Game to Follow

Vision: The Jefferson J-Hawk football program will be recognized state wide as a team that plays with great purpose, effort and sportsmanship.

Purpose: The relentless pursuit of excellence in high school football.

Mission Statement:

1. Build confidence, self-esteem, and a feeling of contribution within each person.
2. Encourage open and honest communication from all team members.
3. Respect the dignity and diversity of each person on the team.
4. Commit to team unity through strong leadership principles and trust in each other.



2019

JEFFERSON
J-HAWK
WESTSIDE
FOOTBALL
CAMP



Aug 5th - Aug 8th

Location: Lower Kingston

HIGH SCHOOL CAMP
(Grades 9-12) 4:00 – 6:00 p.m.

www.jhawkfootball.com

 @JHawk_Football

 facebook.com/jeffersonfootball



WESTSIDE FOOTBALL CAMP

Westside Football Camp is designed to give 9th through 12th grade members of the Jefferson J-Hawk Football family a positive, FUN experience with a great game by teaching fundamentals, skills and teamwork.

Camp will be instructed and run by the Jefferson J-Hawk football staff. They will work with each young man individually to improve his skill level, develop a love of the game and encourage the qualities that will help him be his best in all areas of life. Players will learn both offensive & defensive techniques each day and be given opportunities to develop skills in the kicking game as well.

Focus areas will include:

- *Emphasis on Competition
- *Blocking and tackling fundamentals
- *Ball security & Special Teams



IMPORTANT INFORMATION

Cost: Single camper - \$25
 Family plan - \$25 for 1st camper
 \$20 per sibling

*All pre-registered campers will receive a camp t-shirt
 *Payment must be received by July 18th

Location: Walk-up registration at Lower Kingston starting ½ hour before each session on Monday Aug 5
 All sessions at Lower Kingston
Friday will serve as a "Rain Day"

Age groups: 9th -12th Grade 4pm – 6pm

Attire: T-shirt or sweatshirt, shorts/sweats, socks, football shoes (preferred)

Payment Plans:

If you need assistance in arranging a payment plan, this can be arranged with Coach Buesing. Payment plans would need to be set-up prior to camp starting. Please contact Coach Buesing at the information listed below for questions and arrangements.

Phone: 319-573-5006
 Email: coach.buesing@gmail.com

2019 JEFFERSON J-HAWK FOOTBALL CAMP APPLICATION

Name(s): _____

Grade(s) (Fall '19) _____

T-Shirt Size: _____

Address: _____

Phone: _____

E-mail: _____

Condition of Enrollment: I hereby authorize the staff of the Jefferson J-Hawk Football Camp to act for me according to their best judgment in the event of any emergency requiring medical attention. I also waive and release the camp staff for any and all liability for any injuries and illness incurred while at camp. I have no knowledge of any physical impairment that would be affected by the above camper's participation in the camp.

X _____
PARENT SIGNATURE **DATE**

COST: Single camper - \$25
 Family plan - \$25 for 1st camper
 \$20 per sibling

CHECKS TO: Chris Buesing

MAIL FORM & PAYMENT TO:
 Chris Buesing
 Jefferson High School
 1243 20th Street
 Cedar Rapids, IA 52404

QUESTIONS? Call 319-573-5006 (Coach Buesing)
 E-Mail coach.buesing@gmail.com