



PASCACK VALLEY FOOTBALL

Established 1955

NJSIAA PLAYOFFS: 1989, 1990, 1999, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2017, 2018, 2019

LEAGUE CHAMPIONS: 1958, 1959, 1960, 1965, 1966, 1969, 1970, 1986, 1990, 2004, 2005, 2006, 2007, 2008, 2009, 2011, 2012, 2013, 2019

NJSIAA SEMI-FINALISTS: 1990, 2004, 2005, 2006, 2007, 2008, 2011, 2015

NJSIAA SECTIONAL FINALS: 2006, 2007, 2012, 2013, 2014, 2019

NJSIAA STATE SECTIONAL CHAMPIONS: 1965, 1966, 1969, 1990, 2013, 2014

20th Annual

Valley Youth Football Camp

2021



Coaching Staff

Head Coach: Len Cusumano

Assistant Coaches:

Adam Preciado, Justin Balsano, JJ Moran, Bill Lynn, Don Lehman, Chris Guinta, Danny Williams, Dave Williams, Brendan Morrissey

REMINDERS

-Registration Desk will be under home bleacher area next to Football Field.

-Please meet up on field for check-in everyday for camp.

-Drop-Off and Pick-Up will be at the football field location

-Do not go to Locker Room area.

-In the event of inclement weather, please go to website/Twitter for more details.

Thank you

July 12 - 14

9:00 am - 12:00 noon

**Pascack Valley
High School**

**** Attention all Hillsdale/River
Vale players entering**

Grades 3 - 8

For more Information, contact:

Len Cusumano, Head Football Coach

Email: lcusumano@pascack.org

Phone: (201) 358-7060 Ext: 24074

www.PascackValleyFootball.com

Twitter: @PValleyFootball



PASCACK VALLEY FOOTBALL

CAMP INFORMATION

- Individualized instruction at the position of choice on Offense, Defense, and Special Teams
- Speed and Strength Training Techniques
- Individual/Team Competitions, Games, Prizes
- Guest Speakers (former PV Football & College Alumni)
- Free T-shirt
- This is a non-contact camp
- A Certified Trainer will be on site

WHAT TO BRING TO CAMP

- * Face Covering/Mask
- * Cleats, Sneakers, Towel, Extra T-Shirt, Water Bottle
- * There will be water available for all campers, bring your own water bottle to refill

Camp Mission

The Valley Youth Football Camp is focused on improving football skills necessary to play at a high level. Campers will learn the importance of sacrifice, commitment, and teamwork. Campers will also learn to build good habits, develop confidence, sportsmanship, and promote safe, skilled play. The Valley Youth Football camp will give you an opportunity to work with your future PV coaches and Teammates from Hillsdale and River Vale.

We look forward to seeing everyone at camp!

COVID INFORMATION

- EVERY CAMPER MUST HAVE A COMPLETED COVID FORM PRIOR TO THE START OF EACH DAY OF CAMP.**
- FORMS WILL BE AVAILABLE AT SIGN IN TABLE EACH DAY OF CAMP.**
- FACE COVERING MUST BE WORN WHEN NOT INVOLVED IN CAMP DRILLS.**
- SOCIAL DISTANCING MUST BE ADHEARED TO AT ALL TIMES.**

HOW TO REGISTER

Step One: Go to our website

www.pascackvalleyfootball.com

Step Two: Click on “Youth Football Camp” and Download/Print/Sign Forms A and B

-Form A: Camper Information/Waiver

-Form B: Health Waiver

Step Three: Mail or Drop-Off Form A, Form B, Payment to:

Pascack Valley High School

Attn: Valley Youth Football Camp

200 Piermont Ave.

Hillsdale, NJ 07642

Price per Camper: \$125

-Walk-ups welcome on day of camp, please arrive by 8:30 am.

Early Registration is preferred.

Cash or Checks Payable to:

Valley Youth Football Camp