

# WEST ESSEX FOOTBALL



## STATE CHAMPIONS

1974, 1980, 2001, 2003, 2004,  
2006, 2007, 2011 & 2017

## LEAGUE CHAMPS

1980, 1983, 1990, 1995, 2001,  
2007, 2008, 2009, 2011, 2012,  
2013, 2016, 2017, 2018, 2019,  
2020 and 2021



**WE Football  
Camp**

## WEST ESSEX FOOTBALL CAMP

30 Hillcrest Drive  
Wayne, NJ 07470

Phone: (201) 247-8651  
E-mail: [cbenacqu@westex.org](mailto:cbenacqu@westex.org)

# WEST ESSEX KNIGHTS

## 2023 SUMMER FOOTBALL CAMP



**PROVIDING YOUNG  
PLAYERS WITH THE TOOLS  
AND SKILLS NECESSARY TO  
BE THE BEST PLAYERS  
THEY CAN BE.**

**JULY 17th - 20th  
GRADES 2 thru 8**

## DEAR PLAYERS & PARENTS,

As the warm weather approaches it is time to start making plans for the summer and get ready for another year of the WEST ESSEX SUMMER FOOTBALL CAMP. The 2022 Varsity Knights had another great season making a run to the state finals, our 3rd trip to the finals in the last 4 years. The West Essex Coaching Staff as well as many current & former great Knights players will be on hand this summer to help teach your boys the skills & fundamentals needed to be successful football players in high school & beyond.

As the proud Head Football Coach as well as Nationally Certified Strength & Conditioning Coach here at West Essex, I have the pleasure of working year round with our players with one goal in mind...becoming the BEST FOOTBALL PLAYERS & TEAM we can be! That same level of dedication and care will be given to each and every camper.

Our NON-CONTACT Football Camp will put each player in a safe environment & emphasize **Offensive & Defensive Position Skills, Speed & Agility Drills, 7 on 7 Game Situations, Sportmanship, Team-work & the importance of having fun! This year we will be spending extra time teaching & drilling proper tackling techniques as recommended by the USA Football Heads Up Tackling Program.**

We are looking forward to getting to know each player and developing them to succeed in SCHOOL, FOOTBALL and THE GAME OF LIFE. Good luck & see you this summer.

*Coach Benacquista*

COACH BENACQUISTA

## CAMP INFORMATION

**DATE:** Mon. July 17th - Thurs. July 20th  
**TIME:** 9:00 AM to 1:00 PM  
**FEE:** \$200 per player (\$50 discount for additional family members)  
**SITE:** West Essex High School  
65 West Greenbrook Road  
North Caldwell, NJ 07006

## CAMP HIGHLIGHTS

Each camper will receive:

- WEST ESSEX FOOTBALL T-shirt
- Interaction and instruction from the West Essex Varsity Coaching Staff as well as current & former West Essex "Greats" playing Football at the college level
- Football specific skills, speed & agility drills
- 7 on 7 Passing Tournament & Games
- Films & Highlight Videos
- Enrollment is limited...camp will be on RAIN or SHINE

Fill out the attached REGISTRATION FORM and return it with a \$100 NON-REFUNDABLE reservation deposit to:

CHRIS BENACQUISTA  
30 Hillcrest Drive  
Wayne, NJ 07470

The balance of \$100.00 is due on or before the 1st day.

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE # \_\_\_\_\_

PARENT CELL # \_\_\_\_\_

EMERGENCY CONTACT (Name & #): \_\_\_\_\_

BIRTH DATE \_\_\_\_\_

GRADE in SEPT. 2023 \_\_\_\_\_

E-MAIL \_\_\_\_\_

T-SHIRT SIZE (circle) Youth M L  
Adult S M L XL

## PLEASE READ & SIGN

I approve my child's attendance at the West Essex Knights Football Camp & certify that he is in good health. If medical attention is required during camp, I give permission for such care to be rendered. I recognize and understand that neither the West Essex Regional School District nor anyone associated with this camp will assume responsibility for accidents and medical or dental expenses incurred as a result of participation in this program.

Date

Signature of Parent or Guardian

Make checks payable to **GRAND SLAM CAMPS**

Or pay with **VENMO @Chris-Benacquista-l**

Any questions please call (201) 247-8651

or e-mail cbenacqu@westex.org