

WEST ESSEX FOOTBALL



STATE CHAMPIONS

1974, 1980, 2001, 2003, 2004,
2006, 2007, 2011, 2017 & 2023

LEAGUE CHAMPS

1980, 1983, 1990, 1995, 2001,
2007, 2008, 2009, 2011, 2012,
2013, 2016, 2017, 2018, 2019,
2020, 2021 & 2023



**WE Football
Camp**

WEST ESSEX FOOTBALL CAMP

30 Hillcrest Drive
Wayne, NJ 07470

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

WEST ESSEX KNIGHTS

2024 SUMMER FOOTBALL CAMP



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

**JULY 15th - 18th
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 KNIGHTS FOOTBALL CAMP. The 2023 Varsity Knights had another season to remember, winning the NORTH GROUP 3 STATE TITLE, our 10th in school history! 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 15th - Thurs. July 18th
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. 2024 _____

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-I**

Any questions please call (201) 247-8651

or e-mail cbenacqu@westex.org