



Coaching Staff

Head Coach: Len Cusumano

Assistant Coaches:

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

For more Information, contact:

Len Cusumano, Head Football Coach

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Phone: (201) 358-7060 Ext: 24074

Website: www.PascackValleyFootball.com

Twitter: @PValleyFootball

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, 2021

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

NJSIAA SEMI-FINALS: 1990, 2004, 2005, 2006, 2007, 2008, 2011, 2015, 2021

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

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

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

21st Annual

Valley Youth Football Camp

2022



June 27 - 29

9:00 am - 12:00 noon

**Pascack Valley
High School**

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

Grades 3 - 8



VALLEY YOUTH FOOTBALL CAMP

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)
- Camp T-shirt
- This is a non-contact camp
- A Certified Trainer will be on site

WHAT TO BRING TO CAMP

- * Cleats, Sneakers, Towel, Extra T-Shirt, Water Bottle (put name on 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!



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

COST 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