



Coaches

Head Coach: Rob Bernier
&
PV Football Staff

For more information contact:

Len Cusumano, Camp Director

Email: lcusumano@pascack.org

Phone: (201) 358-7060 Ext: 24074

Web: www.PascackValleyFootball.com

Twitter: @PValleyFootball

SIGN UP FOR OUR REMIND

TEXT PROGRAM FOR UPDATES:

<https://www.remind.com/join/bf7acae>

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, 2023, 2024

LEAGUE CHAMPIONS: 1958, 1959, 1960, 1965, 1966, 1969, 1970, 1986, 1990, 2004, 2005, 2006, 2007, 2008, 2009, 2011, 2012, 2013, 2019, 2024

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

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

NJSIAA STATE SECTIONAL CHAMPIONS: 1965, 1966, 1969, 1990, 2013, 2014, 2024

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

24th Annual

Valley Youth Football Camp

2025



June 23 - 25

9:00 am - 12:00 noon

Pascack Valley High School

200 Piermont Ave.

Hillsdale, NJ 07642

**** 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
- 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 1: Go to our website
(www.pascackvalleyfootball.com)

Step 2: Click on Youth Programs > Youth Football Camp

Step 3: Complete Google Form Registration

Step 4: Submit payment (see below)

COST: \$150 per camper/

\$125 for multiple siblings/same household

~ **CASH** - (Paid upon arrival at camp or drop off at PVHS Main office)

~ **CHECK** - (Payable to Valley Youth Football Camp) Mail to: Pascack Valley High School 200 Piermont Ave. Hillsdale, NJ 07642

(Attn: Valley Youth Football Camp)

~ **VENMO** - (@ValleyFB) (Type camper name in notes/comments)

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

****Early Registration is preferred by**

June 15**