

CAMP OBJECTIVE

This camp is designed to emphasize improvement of fundamentals and techniques related to each camper's position and skill level. Campers will be coached in offensive (with an emphasis on the "fly"), defensive, speed/agility, and weight training fundamentals.

We strive to give our younger campers a solid well-rounded curriculum that allows opportunities for participation with a variety of positions and skills.

We try to take our older and more experienced athletes to the "next level." Emphasis with these campers is placed on teaching those extra little things that will give them the edge.

Teams participating in the camp will be given opportunities to work together. In addition, individuals and teams will have an opportunity to receive training in the 'Fly' offense if they desire.

Particular attention is given toward increasing the self-esteem and psychological development of each camper. Our goal is for each camper to have a safe and positive experience. We stress individual attention, improving skill level, and having an enjoyable week!

Campers are under university policies while attending the camp. **Failure to follow these policies may result in dismissal from camp by the staff.**

DAILY SCHEDULE

| | |
|-------------|---|
| 7:30 am | Breakfast |
| 9:00-9:30 | Motivational speech |
| 9:30-11:45 | Morning practice |
| 1:15-2:15pm | Team Activities |
| 3:00-5:30 | Afternoon practice |
| 6:00-7:00 | Dinner |
| 7:30-9pm | Philly football 7 on 7 + lineman clinic weight training |
| 9:00-10:15 | Movies, swim, free time |
| 11pm | Lights out |

ARRIVAL AND DEPARTURE

Registration and check-in will be Sunday, June 21st in Sparks Center, Willamette University, at 4 p.m. Orientation for all campers and parents will be held from 6:00-6:30 p.m at McCullough Stadium. Dinner will be from 6:30 to 7:15 followed by introduction to stretching areas and logistics for practice throughout the week.

Day-campers can be dropped off at McCulloch Stadium in Bush Park at 8:45 a.m. and picked up at Sparks Center after the evening session at 9:00 p.m. starting Monday, June 22nd.

Camp will conclude after the morning scrimmage/competitions, awards ceremony, and lunch on Thursday, June 25th at 12:30 p.m.

EQUIPMENT

All campers must have a complete set of approved football gear, including: helmet, chin strap, mouth piece, shoulder pads, jersey, football pants, knee pads, thigh pads, tailbone pad, and football cleats.

Campers should also bring **socks, jocks, t-shirts**, some **gym shorts**, and a **swimsuit** (with a towel). No bedding will be provided, so campers are required to **bring a sleeping bag and pillow**. Be sure to label all of your gear and personal belongings.

MEDICAL INFORMATION

Campers **MUST** have their own medical insurance to attend this camp. Please fill out the enclosed medical information form completely. Certified athletic trainers are in attendance at every practice and will attend to all injuries. **You must have a completed medical card on file before you will be allowed to attend camp.**



**Bearcat Conference Champions 1995, 1996,
1997, 1999, 2008
National Playoffs 1996, 1997, 1999, 2004,2008**

APPLICATION INFORMATION

CIRCLE ONE: RESIDENT (\$295) COMMUTER (\$215) CIRCLE IF NEEDED: EQUIPMENT (\$50) SHIRT SIZE _____
CAMPER'S NAME _____ DATE OF BIRTH ____/____/____
ADDRESS _____ CITY _____ STATE _____ ZIP _____ EMAIL _____
DAYTIME PHONE _____ HOME PHONE _____
SCHOOL _____ GRADE ENTERING FALL '07 _____
HEIGHT _____ WEIGHT _____ OFF. POSITION _____ DEF. POSITION _____

***THE PARENT RELEASE, MEDICAL TREATMENT AUTHORIZATION AND HEALTH STATEMENT MUST BE COMPLETED AND ON FILE BEFORE A CAMPER WILL BE ALLOWED TO PARTICIPATE.**