



Augie

ONE-DAY FOOTBALL MINI-CAMPS 2010



Introduce yourself to College Football and Augustana!

Sunday June 13th 12:00 or Friday June 18th 10:00

\$35 pre-registered; (\$20 refundable; \$40 walk-up fee)

If you are a student-athlete aspiring to excel at the college level then Augustana Football offers an opportunity to familiarize yourself with both the athletic and academic aspects of your future collegiate experience.

- Be introduced to the college recruitment process and important items to consider when making your college choice.
- Get to know a position coach and the skills needed to make you highly successful at the collegiate level.
- See firsthand the unique academic and personal support services offered by the Augustana Football staff's Game Plan for Success (GPS).

AUGUSTANA VIKINGS

***Practicing
"The Habits of
a Champion"***

**4 Time National Champion
21 Time CCIW Champion
15 Time NCAA Playoff Participant**

*For more information please see:
<http://www.augustana.edu/athletics>*

<u>Details</u>	<u>Sun 6/13</u>	<u>Fri 6/18</u>	<u>Itinerary</u>
Helmets and Shoulder Pads preferred See your HS coach for football gear <i>(contact us prior to camp with equipment needs)</i> All Augustana coaching staff and Head Coach Jim Barnes in attendance Athletic Training Staff and Locker Room available Additional Questions? Contact Recruiting Coordinator Mark Reade 309-794-7597 markreade@augustana.edu or Head Coach Jim Barnes 309-794-7326 jimbarnes@augustana.edu	12:00	10:00	<i>Registration & Athletic Facilities Tour</i>
	12:15	10:15	<i>Welcome & Introduction to the Augustana Football Tradition</i>
	12:30	10:30	<i>Campus Tour</i>
	1:30	11:30	<i>Lunch</i>
	2:00	12:00	<i>Augustana College & The Football Recruitment Process</i>
	2:30	12:30	<i>Players to Locker Room; Parent Question & Answer Session</i>
	2:45	12:45	<i>Warm-up & Evaluation (40, Pro Agility, 3 Cone, Vertical Jump, Bench)</i>
	3:45	1:45	<i>Position & Group Drill Work</i>
	5:00	3:00	<i>Competition Activities</i>
	5:50	3:50	<i>Cool Down Stretch</i>
	6:00	4:00	<i>Camp Breakout – Coach Barnes</i>

REGISTRATION FORM – Deadline June 1, 2010

(please register as soon as possible as camp numbers and participation is limited for personalized attention)

Name: _____
(last) (first) (middle initial)

Address: _____ Cell Phone: (____) _____ - _____

City: _____ State _____ Zip _____

e-mail: _____ High School: _____

Entering Grade: _____ Ht. _____ Wt. _____ Parent e-mail address: _____

Parent or Guardian(s): _____

Home Phone: (____) _____ - _____ Parents Cell Phone: (____) _____ - _____

Position: Offense: _____ Defense: _____ Circle Shirt Size: S M L XL XXL XXXL

<p>Please Make \$35 Check Payable to: "Augustana Football Camp" <u>Check One:</u> June 13th _____ June 18th _____</p>	<p>Mail Registration to: Jim Barnes, Head Football Coach Augustana College Football 639 38th Street Rock Island, IL 61201</p>
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Carver Athletic Center
Sunday, June 13th starting at 12 noon
Friday, June 18th starting at 10:00am

What to Bring:

- Running Shoes and Cleats
- T-Shirt and Shorts
- Mouthpiece
- Helmet and shoulder pads
- Shower Items
- Signed Form Below
- Skill players can bring their own football



Blaine Westemeyer poses with his 2009 Gagliardi Trophy. Blaine completed his college career at Augustana as a two time All-American, two time Academic All-American, NCAA Post Graduate Scholar, William V. Campbell Trophy finalist, and the NCAA Division III Player of the Year – the first offensive lineman at any NCAA level to garner its highest award. He adds to the list of Academic All-Americans where Augustana stands 6th in the country (all divisions).

PARTICIPANTS MUST BRING THIS SIGNED DOCUMENT TO CAMP

In consideration of being permitted to participate in the football camp at Augustana College, I (Camp Participant) _____ hereby assume the risks of personal injury that may result from program activities. I am knowledgeable about the sport of football and am aware of the potential for injury while participating. I release Augustana College and all employees of the football camp from all liability for personal injuries or property damage that results from causes beyond the control of, and without the fault or negligence of Augustana College its employees and officers.

I certify that _____ has my permission to participate in the Augustana Football Camp with my full knowledge that he is covered by the personal or family medical insurance plan listed below. In case of injury or emergency incurred at the camp, I also grant officials of the Augustana Football Camp permission to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the Augustana Football Camp and other staff members from any liability for injuries while at camp. In addition, I certify that my son is not ingesting any sports performance supplements.

Insurance Company: _____ Policy #: _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____