

AUGUSTANA FOOTBALL



YOUTH CAMPS JUNE 15th-17th

2 Sessions: 4th – 6th Grade
and 7th & 8th Grade Camps

Sponsored by Augustana College Football Staff & Players

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



Entering Grades 4th, 5th & 6th : Tuesday - Thursday June 15 - 17
8:30 -12Noon - \$55 pre-registered, \$65 Walk-up



“Little Viking” Camp Philosophy

Augustana College Football offers a half-day camp introducing 4th through 6th graders to the *fundamental skills and fun* that are a part of the unique team game of football. The emphasis will be on *fundamental skill development* and *fun*. This will be a non-padded, non-collision camp experience. T-shirt for those pre-registered.

- Major phases of the game will be introduced and developed through appropriate drill work. Participants will learn how to better move on the football field, handle the ball and be introduced to contact on soft shields and dummies.
- Participants are encouraged to bring football cleats (not necessary), snack and a drink. Snacks and cold beverages will be offered for purchase during the one break session. Water will be plentiful.

Typical Daily Itinerary: June 15-17

8:30 – 9:00	Warm-up Movements and Football Agilities
9:00 – 10:00	General Defensive Drills: <ul style="list-style-type: none"> - Proper Stance & Footwork - Block Protection on Shields - Tackling Fundamentals on Dummies
10 – 10:15	Break & Snack
10:15 - 11:30	General Offensive Drills <ul style="list-style-type: none"> - Stance & Start - Blocking - Ball Handling & Security - Passing & Receiving
11:30 -11:45	FUN Competitions & “The Coaches Gauntlet”
11:30 -11:45	Camp Wrap-up and Breakout

Entering Grades 7th & 8th: Tuesday - Thursday June 15 - 17
1:00 pm – 4:30 pm - \$65 pre-registered, \$75 Walk-up

“Rising Viking” Camp Philosophy

Augustana College Football offers a half-day camp introducing pre-high school players to the *skills necessary to take their game to the ‘scholastic level’*. In our three days together we *inspire and motivate* youngsters regarding **dedication, discipline, and perseverance** while teaching *advanced fundamental skill development*. This will be a non-padded, non-collision camp experience. T-shirt for those pre-registered.

- Solid fundamental skills for the ‘two-way’ offensive and defensive player will be promoted and developed through appropriate drill work with talented coaches and players.
- Participants should bring football cleats and their lunch. Cold beverages will be offered for purchase.

Typical Daily Itinerary: June 15-18

1:00 – 1:25	Warm-up Movements and Advanced Football Agilities – Timed Measurements
1:30 – 2:15	Defensive Position Specific Drills <ul style="list-style-type: none"> - Proper Stance & Position Footwork - Getting Off Blocks - Tackling Fundamentals - Creating Turnovers
2:15 – 2:30	Break & Snack
2:30 – 4:00	Offensive Position Specific Drills <ul style="list-style-type: none"> - Stance & Takeoff - Blocking - Ball Handling & Ball Security - Passing & Receiving
4:00 – 4:15	Competition Activities & “The Gauntlet”
4:15 – 4:30	Camp Wrap-up and Breakout

REGISTRATION FORM
(for shirt order guarantee pre-register by June 7, 2010)

Participant's Name: _____
(last) (first) (middle initial)

Mailing Address: _____

City: _____ State _____ Zip _____

Parent E-mail Address: _____ Entering Grade: _____ Ht. _____ Wt. _____

Parent or Guardian(s): _____

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

Position: Offense: _____ Defense: _____ Circle Shirt Size: YS YM YL AS AM AL AXL

Please Make Check Payable to:

"Augustana Football Camp"

Check One: June 15 - 17

4th-6th 8:30-12Noon \$55 (Walk-up \$65)

7th/8th 1:00-4:30 \$65 (Walk-up \$75)

Mail Registration to:

Jim Barnes, Head Football Coach

Augustana College Football

639 38th Street

Rock Island, IL 61201

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AUGUSTANA VIKINGS

*Practicing
"The Habits of a Champion"*

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



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: _____