

2009 Raider Football Skills Camp Application - Session 2

NAME: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
PHONE#: (____) _____ WORK#: (____) _____ PHONE # (____) _____
EMERGENCY CONTACT: NAME _____ SCHOOL YOU ATTEND _____
AGE: _____ GRADE IN FALL '09: _____
T-SHIRT SIZE: Youth: M L Adult: S M L XL XXL

Waiver: I understand that neither the Seneca Valley School District nor anyone associated with the Raider Football Skills Camp will assume any responsibility for accidents that may occur to my child as a result of participating in camp activities. The camp reserves the right to send any camper to the hospital for diagnosis or treatment. I knowingly assume all responsibility. The camp also reserves the right to send any camper home for inappropriate behavior.

PARENTAL SIGNATURE _____

General Information

What age group is the camp intended for?

Boys who will be entering grades 2, 3, 4, 5, 6, 7, 8 and 9 in the fall of 2009 are eligible.

What should I wear/bring?

Shorts, T-shirt, football shoes (bring sneakers and/or slides, too). Also, bring lots of energy, enthusiasm, and a fun-loving attitude to improve at the game of football!

Where do I drop off/pick up my camper?

At the entrance of the football fields adjacent to the concession stand at Dick's Sporting Goods Sportsplex.

Will there be any contact at camp?

NO! This is a non-contact, skill development and technique camp.

Can I watch the practices?

YES! Parents are encouraged to watch all on-field activities (from a safe distance, of course)

What if it rains?

Show up expecting to have a normal practice day! -In case of lightning or other dangerous conditions, practice will be postponed and Friday will be used as a rain date.

How do I register?

Complete the attached registration and liability waiver, and mail it along with your check or money order to:
**Don Holl c/o Athletic Office, Seneca Valley High School, 124 Seneca School Road
Harmony, PA 16037**

To whom do I make the check out?

Make checks or money orders payable to:

Don Holl

***Any further questions, please contact the Seneca Valley Athletic Office at (724) 452-6040 ext. 152, 269 or 128 or email hollgd@svsd.net

This camp is not sponsored by the Seneca Valley School District

2009

Raider Football Skills Camp



at the Dick's Sporting Goods Sportsplex at Graham Park

Home of future Raiders!

July 27th - 30th, 2009

9:00 am - 3:00 pm

Open to boys entering Grades 2-9 in fall 2009

PURPOSE: The purpose of the camp is to provide participants the opportunity to improve skills and learn to truly appreciate the sport of football. Under the guidance of Seneca Valley High School Head Coach Don Holl, the Raider Football Staff and other selected coaches and players, it is our goal that each camper will come away with a greater comprehension of the game of football and why it is the greatest game played. Lectures, demonstrations, and drill sessions are presented daily along with games, contests and other football-related activities. Our camp is designed with the young football athlete in mind. We sincerely believe that the focus on the development of fundamentals and personal attention given to each player by our staff will accelerate his natural ability and enable him to perform closer to his maximum potential as a player and person – all in a structured and fun environment.

STAFF AND ADMINISTRATION: We are particularly proud of the quality of our staff, especially the involvement of our Seneca Valley coaches and former and current players. Our goal is to provide a combination of football, fun and fellowship in a friendly, family-type atmosphere.

FACILITIES: The camp utilizes the facilities and field equipment of the Dick's Sporting Goods Sportsplex at Graham Park.

DIRECTIONS: Dick's Sporting Goods Sportsplex is located in Cranberry and is easily accessible from all directions. Registration and daily check-in are held at the complex. Practice sessions are held on the Sportsplex athletic fields.

COST: \$100 PER CAMPER. Fee covers four days of football instruction, a camp T-shirt, water bottle, certificate, and a report card/coaches evaluation for every camper. Additionally, there are numerous individual awards and prizes given.

LUNCH IS NOT PROVIDED! CAMPERS MAY BRING A LUNCH OR BUY PIZZA, SNACKS AND SOFT DRINKS AT THE CAMP.

Typical Camp Day

8:30am – 8:50am FIELD OPENS/FREE PLAY
 8:50am - 9:00am..... ROLL CALL/ON FIELD MEETING
 9:00am - 9:10am..... FLEXIBILITIES/STRETCHING
 9:10am – 9:20am..... FORM RUNNING
 9:20am – 9:30am..... AGILITY/SPEED TRAINING
 9:30am – 9:35am..... WATER BREAK
 9:35am – 9:45am..... OFFENSIVE SKILL WORK
 9:45am – 9:55am..... DEFENSIVE SKILL WORK
 9:55am – 10:05am... ACTION BLOCK
 10:05am – 10:15am..... THEME OF THE DAY TALK
 10:15am – 10:20am..... WATER BREAK
 10:20am – 10:40am..... ONE-ON-ONE COMPETITION
 10:40am – 11:30am..... 7-ON-7 GAMES
 11:30am – 12:30pm..... LUNCH/REST
 12:30pm – 12:35pm... ROLL CALL/ON FIELD MEETING
 12:35pm - 12:45pm..... FLEXIBILITIES/STRETCHING
 12:45pm – 12:55pm..... FORM RUNNING
 12:55pm – 1:15pm SPECIAL TEAMS
 1:15pm – 1:25pm..... DEFENSIVE SKILL WORK
 1:25pm – 1:35pm..... OFFENSIVE SKILL WORK
 1:35pm – 1:40pm..... WATER BREAK
 1:40pm – 2:00pm..... ACTION BLOCK
 2:00pm – 2:50pm..... RAIDERBALL GAMES
 2:50pm – 3:00pm..... DAILY AWARDS, RECOGNITION & CLOSURE

EARLY REGISTRATION SPECIALS!

By March 31st, 2009 and receive a \$20 discount.

By April 30th and receive a \$15 discount! By

May 31st and receive a \$10 discount!

TWO (or more) CAMPERS SAME FAMILY:

2ND/additional campers ½ price!

REGISTER WITH A BUDDY: Both campers receive \$10 discount!

Need more information?

Call the Seneca Valley Athletic Office at (724) 452-6040, ext. 152, 269 or 128,

email hollidg@svsd.net, or

visit our website: www.svfootball.com

Goals of the Raider Football Skills Camp

THE QUARTERBACK - Ball handling, passing, option technique, field generalship and strategy.

THE RUNNING BACK - Ball carrying, blocking, faking, and pass receiving

THE DEFENSIVE BACK – Tackling, keying, pass defense (man-to-man and zone).

THE WIDE RECEIVER & TIGHT END – Releases, patterns, receiving, ball carrying and blocking.

THE OFFENSIVE LINEMEN – Stance, explosion, pulling, trapping and basic run & pass blocking.

THE DEFENSIVE LINEMEN – Stance, reading, reaction, slant & stunt techniques, pass rush & tackling.

THE INSIDE LINEBACKER - Stance, keying, reaction, pursuit, tackling and pass defense techniques.

THE OUTSIDE LINEBACKER – Stance, reading, reaction, shed technique, option play and pass defense.

THE KICKING GAME - Punting, extra point, kickoff, field goals and long snapping..

EVERY CAMPER WILL BE INSTRUCTED IN – Flexibility, agility, quickness, strength & speed training.