

EUROPEAN FOOTBALL CAMP 2008

HOST: Ansbach High School

DATES: 12-15 AUG

TO ALL COACHES AND PARTICIPANTS:

Ansbach High School will host the EUROPEAN football camp. As in the past, this will be open to all high school players. The dates for this year's camp will be from 12-15 August 2008. Fundamentals, conditioning, group work, position skills and drills, will be the emphasis stressed. Awards will be given for those outstanding players in each group and those with the best vertical jump, bench press, iron man, 40-yard dash, pass, punt, and kick, and various linemen competitions.

DODDS coaches will again staff this annual clinic. This camp will include quarterbacks, running backs, linemen, defensive backs and kickers. Last year over 400 players from all over Europe participated and we hope to have more involved in this years' camp. Almost all of last years All Conference and All Europe team players were attendees in 2007.

The cost of this training camp will be \$100. This will also cover a camp practice jersey, camp T-shirt, camp picture, drinks', awards, footballs (2 to each school), and 10 meals (3 breakfasts, 2 lunches, 3 dinners and 2 hotdogs feasts). The athletes will only be responsible for lunch on check-out day.

Athletes must be accompanied by a coach or have contacted the director for other arrangements. Training rules are in effect, which means all players should conduct themselves as student/athletes throughout the camp. Violation of common sense rules will result in removal from the camp.

All campers must have a power of attorney with the attending coaches name on it and a physical in hand. Information sheets will be available at registration but as much as possible should be returned to Marcus George by May 31, 2008. With the digital senders and fax machines that every DoDDS school has, it should be simple to have an organizational team meeting in May (highly recommended) and send the information sheets in.

Contact information for the camp:

Ansbach High School fax: 09802-1496

E-mail for Marcus George: Marcus.George@eu.dodea.edu

Personal e-mail: hsfootballeurope@yahoo.com

School phone for Marcus George: 09802-7220

Europe High School Football Website: hsfootballeurope.net

2008 CAMP INFORMATION

I. SESSIONS

TUESDAY 12 AUG Check-in and organization

WEDNESDAY 13 AUG SESSIONS I, II, III

THURSDAY 14 AUG SESSIONS IV, V, VI

FRIDAY 15 AUG SESSION VII , VIII (AWARDS & COMPETITION)

II. SLEEPING ARRANGEMENTS (no cost)

We have available a main gym, small gym, and some wide hallways.

III. MEALS

1. ALL main meals are provided, except lunch on check-out day.
2. We have a Food Mall in the PX area and Burger King is nearby.

IV. CAMP FEES

1. \$100 or 100 Euro
2. Camp fee will be collected at registration, cash or checks drawn on the School Activity Fund (SAF) only. (Make check out to "ANSBACH FOOTBALL CAMP")

V. OTHER IMPORTANT INFORMATION

1. Helmets will be worn for drills, football shoes should be worn (good time to break them in), and linemen should bring shoulder pads, as sled work and bag work will be done. Others may also wear shoulder pads so they can get the feel of going through the skills with pads. **THIS IS A NON CONTACT CAMP.**

2. Camper check off list:

- HELMET (name on front and back with tape)
- CLEATS SHOULDER PADS(LINEMEN)
- SLEEPING BAG, BLOW-UP MATTRESS AND PILLOW
- CHANGE OF CLOTHES FOR THREE DAYS (8 SESSIONS)
- POWER OF ATTORNEY and PHYSICAL
- EXTRA CASH FOR CAMP (snacks and other items)

***Consider bringing sunscreen along with your other toiletries**

**DODDS CENTRAL EUROPEAN
FOOTBALL CAMP 2008
PLAYER INFORMATION SHEET
PLAYER INFORMATION**

NAME: _____
(LAST) (FIRST) (M.I.)

GRADE: _____ **DATE OF BIRTH:** _____

NAME OF SCHOOL: _____

NAME OF COACH: _____

YEARS OF FOOTBALL: _____

FOOTBALL AWARDS: _____

PLAYER POSITION: _____

T-SHIRT SIZE: M L XL XXL

JERSEY SIZE: XL XXL

SPONSOR'S

NAME: _____
(LAST) (FIRST)

HOME TELEPHONE _____

DUTY TELEPHONE _____

**WHAT YOU HOPE TO ACCOMPLISH FROM THIS
CAMP** _____

2008 CAMP SCHEDULE

TUESDAY-AUG 12

REGISTRATION AND CHECK IN (Cafeteria)

- 1300-1800 (IF YOU'LL BE LATER PLEASE NOTIFY US)
- \$100 REGISTRATION, JERSEY AND T-SHIRT PICK-UP
- 13:00-18:00- Combine testing (Juniors and Seniors must see your coach to pre-register)
- 17:30-19:00 Dinner
- 19:00-COACHES MEETING -SET UP GROUPS
- 20:30-21:30- Position meetings (all players)
- 23:00- Lights out

WEDNESDAY -AUG 13

06:30-8:00

Breakfast

0830-1130

SESSION I

INTRODUCTIONS-GROUP PICTURES

- PARTNER STRETCHES-NO HELMETS
- GROUP FORM LAP X 2-NO HELMETS
- BREAK INTO GROUPS-QB'S, REC/DB'S, RBS, LINE
- AGILITIES, DRILLS, SKILLS
- 40 YARD COMPETITION ON TRACK AT END OF SESSION

11:45-13:45

LUNCH BREAK

14:00- 17:00

SESSION II

- PARTNER STRETCHES/FORM LAP-NO HELMETS
- GROUPS FOR DRILLS AND SKILLS
- VERTICAL JUMP IN MAIN GYM AT END OF SESSION

1700-1900

DINNER BREAK

1900-2100

SESSION III

- PARTNER STRETCH /FORM LAP X1-NO HELMETS
- REVIEW OF DRILLS AND SKILLS

21:00

"Hotdog feast"

2100 COACHES MEETING

2300 LIGHTS OUT!!

THURSDAY AUG 14

06:30-8:00
0830-1130

Breakfast

SESSION IV

- **GROUP STRETCHES (3 SETS)-NO HELMETS**
- **GROUP LAP X 2-NO HELMETS**
- **AGILITIES, DRILLS, SKILLS**
- **BENCH PRESS COMPETITION-WT. ROOM AT END OF SESSION**

11:30-14:00

LUNCH BREAK

1400-1700

SESSION V

- **GROUP STRETCHES (2 SETS)-NO HELMETS**
- **GROUP LAP X 2-NO HELMETS**
- **AGILITIES, DRILLS, SKILLS**
- **PUNT,PASS,AND KICK COMPETITION AT END OF SESSION**

17:00-1900

DINNER BREAK

1900-2100

SESSION VI

- **PARTNER STRETCH-NO HELMETS**
- **FORM LAP X 1-NO HELMETS**
- **Skills and Drills**

21:00-

"Hotdog feast"

2100-2200 **"7 ON 7" TEAMS PRACTICE/ORGANIZE**

2200. **COACHES MEETING MR HUSTLE AWARD**

2300 **LIGHTS OUT!!**

FRIDAY AUG 15

0830-1130

SESSION VII

- IRON MAN COMPETITION-GYM/FIELD
7 on 7 Competition *****

11:45-12:30

SESSION VIII

AWARDS and FAREWELLS

12:30-

Clean-up and pack-up

COMPETITION INFO:

7 on 7: COACH WILL BE WITH GROUP OF 7 PLAYERS, EACH GROUP WILL HAVE 10 PLAYS, FROM THE END ZONE, AND TRY TO GET THE MOST DISTANCE IN THOSE PLAYS. THE DEFENSIVE TEAM CAN INTERCEPT WHICH WILL BRING THE BALL BACK TO GOAL LINE. AFTER 10 PLAYS DEFENSIVE AND OFFENSIVE TEAMS SWITCH. TOP 4 TEAMS WILL PLAY OFF. NO FUMBLE ADVANCEMENT, WHEN FUMBLED BALL IS DEAD.

INDIVIDUAL COMPETITION (9TH/10TH AND 11TH/12TH)

VERTICAL JUMP-IN THE MAIN GYM, STANDING FLAT FOOTED (CAN RELAX STEP ON ONE FOOT WHEN JUMPING). FIRST WILL MEASURE HEIGHT WITH HAND STRETCHED OUT. THREE JUMPS WILL BE MEASURED, BEST OF THREE.

DISTANCE MEASURED FROM THE POINT OF EXTENSION TO TOP OF THE JUMP.

PUNT/PASS/KICK- INDIVIDUALS START AT THE END-ZONE LINE AND PASS THE BALL, WHERE THE BALL LANDS, YOU WILL NEXT PUNT THE BALL, WHERE IT LANDS YOU WILL THEN PUT THE BALL ON A TEE AND PLACE KICK THE BALL. TOTAL DISTANCE IS THEN GIVEN

40 YD DASH- WILL RUN IN HEATS, WINNERS ADVANCE (TOP 2), LINEMEN WILL RUN AGAINST LINEMEN.

BENCH PRESS- THIS IS BY WEIGHT-THOSE WEIGHING 120 AND LOWER LIFT 95,145 AND LOWER LIFT 115, 175 AND LOWER LIFT 135, ABOVE 175 LIFT 155-TOTAL TIMES LIFTED.

IRONMAN- THIS WILL COMBINE THE TOTAL PULLUPS, PUSHUPS, AND SITUPS, THAT NUMBER WILL BE CONVERTED INTO SECONDS AND THAT NUMBER WILL BE SUBTRACTED FROM THE MILE RUN TIME. BEST TIME WILL BE WINNER.

MVP- EACH GROUP WILL SELECT THAT INDIVIDUAL WHO EXCELS DAILY AT CAMP. THAT INDIVIDUAL THAT HUSTLES, STRIVES AT EACH DRILL AND SKILL, AND ONE THAT IS PLEASANT TO WORK WITH. TWO AWARDS FOR EACH OF THE FIVE GROUPS.