



## ELEMENTARY FOOTBALL CAMP 2<sup>ND</sup>-4<sup>TH</sup> GRADES

FOR ALL STUDENT ATHLETES IN THE IOWA CITY AREA ENTERING 2<sup>ND</sup> - 4<sup>TH</sup> GRADES

**JULY 6<sup>TH</sup>-9<sup>TH</sup> MONDAY-THURSDAY 9AM-11AM \$50 INCLUDES CAMP SHIRT**

### **SAMPLE SCHEDULE:**

**9:00 INTRODUCTIONS**

**9:05 FLEXIBILITY**

**9:15 GROUP DRILLS - 9 MINUTES PER DRILL**

**OFFENSE**

**DEFENSE**

**BLOCKING**

**BAG TACKLING**

**PASSING**

**RECEIVING PURSUIT**

**HANDOFFS**

**RUNNING PASS DEFENSE**

**10:10 WATER BREAK**

**10:15 SPECIAL TEAMS**

**10:25 GAME TIME: 10 MINUTE HALF**

**10:50 COMMITMENT TO FOOTBALL/ CONDITIONING/ COOLDOWN**

### WHAT PAST PARTICIPANTS HAVE SAID ABOUT THE CAMP:

- "THIS WAS THE BEST CAMP I'VE EVER BEEN TOO. ANY ONE WHO LOVES FOOTBALL AND WANT TO LEARN AND HAVE FUN SHOULD SIGN UP" -BEN M (VAN ALLEN)
- "MY FAVORITE PART WAS THE RUN BLOCKING DRILLS - AWESOME!!!!" -ALEC D (WICKHAM)
- "MY DAD TOLD ME I HAD TO ATTEND" -DREW C (REGINA)

### NOTABLE INFORMATION ABOUT IOWA CITY REGINA FOOTBALL:

- 6 STRAIGHT PLAY-OFF APPEARANCES - 2 DISTRICT CHAMPIONSHIPS IN THE PAST 4 SEASONS
- SHRINE BOWL PARTICIPANTS IN 5 OF PAST 6 SEASONS - 5 DIVISION 1 FOOTBALL PLAYERS FROM PAST 3 SEASONS
- 2008 CLASS 2A PLAYOFF QUALIFIER:
- 2005 CLASS 1A STATE CHAMPIONS - 2007 CLASS 1A STATE RUNNER-UPS

### COACHING STAFF:

**RONNIE HUGHES**, ASSOCIATE HEAD COACH. HUGHES BRINGS 30+ YEARS OF HIGH SCHOOL COACHING EXPERIENCE, AS WELL AS TWO SEASONS OF COACHING AT THE DIVISION III COLLEGIATE LEVEL.

**MARV COOK** IOWA HALL OF FAME PREP PLAYER, ALL BIG 10 AND CONSENSUS ALL-AMERICAN TIGHT END AT IOWA AND AN NFL PRO BOWL SELECTION DURING '91 & '92 SEASONS. ALSO SITS ON THE BOARD FOR THE INSTITUTE FOR CHARACTER DEVELOPMENT WITH FORMER IOWA GOVERNOR ROBERT D RAY.

ADDITIONAL COACHES FROM THE REGINA STAFF AND CURRENT FOOTBALL PLAYERS WILL BE ON HAND.

**PARTICIPANTS NAME:** \_\_\_\_\_ **GRADE FALL 2009:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **ST:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PARENT/GUARDIAN:** \_\_\_\_\_ **CONTACT NUMBER:** \_\_\_\_\_

### T-SHIRT SIZE (CIRCLE ONE)

YOUTH SMALL

YOUTH MED

YOUTH LARGE

ADULT SMALL

ADULT MEDIUM

ADULT LARGE

ADULT XL

ADULT XXL

I RELEASE THE REGINA BOARD AND THE REGINA CATHOLIC EDUCATION CENTER AND ALL OF ITS EMPLOYEES AND VOLUNTEERS FROM ALL CLAIMS DUE TO ANY INJURY SUSTAINED WHILE ATTENDING AND/OR PLAYING AT THE REGINA SUMMER CAMPS. I FURTHER AGREE TO INDEMNIFY THAT THOSE PARTIES FOR ANY CLAIM WHICH MAY BE HERE-IN-AFTER PRESENTED BY MY SON/DAUGHTER AS A RESULT OF ANY SUCH INJURIES.

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: REGINA FOOTBALL**

**DROP FORMS & CHECKS IN HS OFFICE OR MAIL TO: REGINA JR./SR. HIGH SCHOOL  
ATTN: MARV COOK/FOOTBALL CAMP  
2150 ROCHESTER AVE  
IOWA CITY, IA 52245**