



# 2009 Football Team Camp

at Central College

Session II--July 22-24



## CENTRAL COLLEGE FOOTBALL

- 29 Iowa Conference championships
- 19 NCAA Division III playoff berths (third-most in U.S.)
- No losing seasons since 1960



### CENTRAL COLLEGE FOOTBALL TEAM CAMP REGISTRATION FORM--SESSION II, JULY 22-24

Name \_\_\_\_\_ Grade in fall \_\_\_\_\_ Adult T-shirt size \_\_\_\_\_

Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_ E-mail \_\_\_\_\_

Parents' name(s) \_\_\_\_\_ High school \_\_\_\_\_

Offensive position \_\_\_\_\_ Defensive position \_\_\_\_\_ Special teams position \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ \$50 deposit or \_\_\_\_\_ \$170 full payment

Students involved in an HSAA-sanctioned event conflicting with camp dates will be allowed full refunds upon request.

#### PARENTS' RELEASE AND INDEMNITY AGREEMENT

We, (or I), hereby request that you accept the application for enrollment of \_\_\_\_\_ in the Central College Football Camps during the dates set forth in this application and in consideration of your acceptance of the application, we (or I) hereby release the Board of Trustees of Central College and all its employees from all claims on account of any injuries which may be sustained by our (or my) son while attending the Central College Football Camps; and we (or I) agree to indemnify the Board of Trustees of Central College and its employees for any claim which may hereafter be presented by our (or my) son as a result of any such injuries.

Date \_\_\_\_\_ Signed (Parent) \_\_\_\_\_ Phone \_\_\_\_\_

RETURN TO: Jeff McMartin, Director, Central College Football Camps, Central College, Pella, Iowa 50219

**Jeff McMartin**  
Camp director



- 2005, 2006 and 2007 Iowa Conference coach of the year.
- Entering fifth season as head coach at Central.
- Led Central to three Iowa Conference titles and NCAA Division III playoff berths.
- Served as assistant coach at five NCAA Division III colleges.

- Served as graduate assistant at Wake Forest University.

### CAMP PURPOSE

Central College is interested in helping young men grow, both in athletics and in gaining a deeper knowledge of themselves and their abilities. We want to guide them as they improve their skills in football and come to enjoy the experience of working together with their teammates and with other football players and coaches.

### CAMP STAFF

Instructors will include members of the Central College football coaching staff in addition to each individual's high school coach.

### CAMP FORMAT

Practices will consist of individual periods with the Central College coaching staff and group and team time where each team will work with its own high school coach.



### WHO IS ELIGIBLE?

All young men who will be in grades 9-12 in school next fall.

### WHAT YOU WILL NEED

1. Football shoes and gym shoes
2. Shorts, supporters, socks
3. Swimsuit
4. Clothes for campus wear
5. Small amount of spending money
6. Bedding (sheets, pillow, blanket)
7. Towels and toilet articles
8. Pads and helmet

### DATES

Camp begins Wednesday, July 22 and ends Friday, July 24. Check-in is Wednesday from 12:30-2 p.m. in the P.H. Kuyper Gym lobby, located on the ground level of the building's south entrance. Camp ends Friday at 11 a.m.

### CAMP LOCATION

The Central College campus is located in Pella, Iowa, just 40 miles southeast of Des Moines on Highway 163 and 22 miles south of I-80. Kuyper Gym is on the corner of West 5th Street and Independence in the southwest section of Pella.

- Skill and technique drills for all positions
- Principles of weight training
- Principles of speed training
- Outstanding coaching staff
- Individual instruction
- Air-conditioned on-campus housing
- Outstanding facilities
- Buffet meals on-campus (Central Market)

### SPEED AND STRENGTH TRAINING

In addition to individual skill and technique work, you will also benefit from the Central College football camp's emphasis on speed and weight training. Central's Jake Anderson was named the 2007 NCAA Division III football strength and conditioning coach of the year. He'll give you valuable information on various techniques of strength training. He'll talk about flexibility, speed and quickness. You will also learn about proper sprinting and running form as well as picking up some special drills to improve your agility and speed.

### COSTS

The cost for the camp is \$170. This fee covers room, board, instructor, insurance and camp T-shirt.

A reservation deposit of \$50 must accompany your application. The balance is due at registration.

**NOTE--Students involved in an IHSAA-sanctioned event conflicting with camp dates will be allowed full refunds upon request.**

