



Football Lineman Camp

July 14-16, 2011
at Central College

2005-06-07-09 Iowa Conference champions
2005-06-07-09 NCAA Div. III playoff qualifiers

DETACH HERE FOR MAILING

2011 CENTRAL COLLEGE LINEMAN CAMP REGISTRATION FORM

July 14-16

Name _____ Grade in fall _____

Address _____ Street _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Parents' name(s) _____ E-mail _____

Coach's name _____ High school _____

Roommate request (optional) _____ Adult T-shirt size _____

Position: _____ Will you need to rent pads from Central College?
_____ Offensive line _____ Tight end _____ Yes _____ No _____
_____ Defensive line _____ Defensive end _____
_____ Linebacker _____

Amount enclosed: (check all that apply) _____ \$25 pads and helmet rental fee (optional)
_____ \$50 registration deposit or _____ \$175 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

Prior to the start of camp, all camp participants must submit a liability and medical release form signed by a parent. The form is available on the Central athletics website at:
http://www.central.edu/athletics/camps/2010-11/parent_release.pdf

If there are problems accessing the form, please contact Coach Jeff McMartin.

RETURN REGISTRATION FORM AND PARENT RELEASE FORM 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 eighth season as head coach at Central.
- 61-15 record (.802).
- Led Central to three Iowa Conference titles and NCAA Division III playoff berths.

- Served as assistant coach at five NCAA Division III colleges.
- Former graduate assistant at Wake Forest Univ.

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 and outstanding high school coaches from throughout Iowa.

CENTRAL COLLEGE FOOTBALL

- 30 Iowa Conference championships
- 20 NCAA Division III playoff berths (third-most in U.S.)
- No losing seasons since 1960
- Second-winningest NCAA college or university program since 1975

CAMP DETAILS
July 14-16

- For offensive and defensive linemen
- Includes six workouts with pads and helmets
- Players bring own pads and helmets. Also available from Central for \$25.
- Specialized position training
- Speed and strength training sessions

DATES

- Camp begins Thurs., July 14 and ends Sat., July 16. Check-in is Thursday from 12:30-2 p.m. in P.H. Kuyper Gym lobby, located on the ground level of the building's south entrance. Camp ends Saturday at 11 a.m.

WHO IS ELIGIBLE?

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

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.

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. Football (skills camp only)
9. Pads and helmet

(Equipment available from Central for additional \$25 fee)

- **Skill and technique drills for all positions**
- **Principles of weight training**
- **Principles of speed training**
- **Outstanding coaching staff**
- **Individual instruction – one coach for each eight athletes**
- **Air-conditioned on-campus housing**
- **Outstanding facilities**

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 strength and conditioning coach 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 \$175 camp 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 time when you arrive at camp.

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