

2009 Northshore Sports Complex Football "Boot" Camp & Advanced Skills Camp

Monday, July 13th
Through
Friday, August 7th

"Boot" Camp Techniques and Skill Development

Football "Boot" Camp is a unique experience focusing on getting your player ready for any position they may play this year. Participants will attend camp twice a week for 4 weeks. Each session will last 1-1/2 hours and all players will be closely supervised with an average ratio of 10 players to 1 coach.

The 2009 Football "Boot" Camp will be held at the Northshore Sports Complex, a 15,000 sq. ft. facility fully equipped with conditioning and agility equipment.

The Northshore Sports Complex Football "Boot" Camp gives your athlete the opportunity to gain football knowledge and skills as well as improve conditioning, agility, and speed - allowing them to start the season in top form.

Advanced Skills Camp

Focusing on advancing your player's position skills the Advanced Skills camp will put your football player ahead of the pack for whichever position they want to play this season. Players will have small group, focused, instruction by experts who can spend the time necessary to identify your athletes strengths and needs and provide directed, effective coaching. Players in the Advanced Skills camp will work in small groups of 5 players to 1 coach for 1 hour each Friday for 4 weeks.

Schedules for the Advanced Skills Camp will be created based on ages and quantity of players signing up for each skill session.

Skills taught in the Advanced Camp will include advanced position-specific development but exact skills will be determined on the specific needs of the individuals in the breakout groups.

Participants in the "Boot" Camp will learn proper form and technique for all aspects of football. Drills, training, and conditioning stations will be tailored to meet the requirements and skill sets for all levels of youth football including:

- Injury Prevention through Proper Stretching and Warm-Up Techniques
- Age Appropriate Strength and Conditioning Development
- Speed and Agility Development
- Stance, Start, and Fire (proper "football position")
- General football skills (carrying the football, catching the football, etc)
- Tackling Sessions (including proper open field tackling technique and pursuit angles)
- Blocking Sessions (including blocking fit and rules discussion)
- Nutrition and Dietary Clinic

2009 Camp Schedule and Registration Form

Monday	Tuesday	Wednesday	Thursday	Friday
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Advanced Skills (3 Sessions) 6:00-9:00pm
Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Advanced Skills (3 Sessions) 6:00-9:00pm
Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Advanced Skills (3 Sessions) 6:00-9:00pm
Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	
3-Aug	4-Aug	5-Aug	6-Aug	7-Aug
Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Age 10-11 6:00-7:30pm	Age 8-9 6:00-7:30pm	Advanced Skills (3 Sessions) 6:00-9:00pm
Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	Age 12-13 7:30-9:00pm	Age 14-15 7:30-9:00pm	

To register, send the completed Registration form along with a check for the complete camp cost made out to Northshore Sports Complex to: 19250 144th Ave NE Woodinville WA 98072. If you have questions please contact us at nsc9@verizon.net or call 425-485-3238.

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Boot Camp Level (circle one): Age 8/9 Age 10/11 Age 12/13 Age 14/15

T-Shirt Size: Youth Adult XS S M L XL XXL

Advanced Skills "Add-On" Registration Section

(Complete only if registering for the Advanced Skills "Add-On" camp)

Which positions (circle one Offense and one Defense):

Offense: QB WR RB OL

Defense: LB CB S DL

Camp Costs:

"Boot" Camp: \$275 (only \$225 if registration form and payment are received by June 1st)

Advanced Skills "Add-On": \$125 additional

Total cost: \$400 (\$350 for early registration)

2009 Football Boot Camp

At a glance

When: Monday, July 13th to Friday, August 7th

Where: Northshore Sports Complex
19250 144th Ave NE
Woodinville WA 98072

Cost: Football "Boot" Camp
\$275 (\$50 discount for early registration)
Advanced Skills "Add-on" Camp
\$125 additional

What to Bring:

- T -Shirt
- Shorts AND Sweatpants
- Mouthpiece (available for \$3 if desired)
- Water Bottle
- Turf Shoes/Tennis Shoes
- Athletic Supporter (cup not required)