

2010
ALL
ALASKA
FOOTBALL CAMP
19th ANNUAL CAMP
JUNE 20 - 23, 2010
(907) 561-6059

TOP COACHING FOR OFFENSE AND DEFENSE
FOR TEAMS AND INDIVIDUALS ENTERING GRADES 9 - 12 IN FALL 2010

About the Camp ESPN *Sports Center* called the camp "the premiere football camp in Alaska and one of the most unique in the nation." We fly 20 to 25 top college coaches from 12 to 14 colleges and universities across America - round-trip to Alaska. These coaches give the camp an exclusive distinction from all others. Our campers gain confidence and optimism knowing they have become better football players. The memories are unforgettable and last a lifetime.
"If you play football in Alaska, don't miss this camp."

Personal & Team Instruction

- Our collegiate coaches teach you individual techniques & fundamentals. You also learn the importance of positive attitude, discipline, work ethic, pride & being a team player.
- Our collegiate coaches also assist you and your coaches in developing and executing your team offensive and defensive schemes.

College Football Opportunities Before this camp began, very few Alaskans had the opportunity to play college football. Alaskans played the game well, but got no exposure. Today, many are playing or have played at all collegiate levels—and in the NFL, AFL and CFL. Many were recruited from this camp.

College Prep Seminar Our collegiate coaches offer juniors and seniors insights on how to prepare for college entrance requirements and how the recruiting process works.

College Combine Testing for Seniors Timed 40-Yard Sprint, Standing Broad Jump, 20-Yard Shuttle, Height/Weight measurements, Pro-Agility Shuttle and Strength Testing.

Accommodations & Check-in/Check-out times •

Overnight campers are housed at Colony High School. The facility provides lockers and showers. Each camper must bring his own sleeping bag, air mattress & towels.

- Registration is from 10:00 am to 2:30 pm on Sunday, June 20th at Colony High School.
- Campers must arrange transportation for pick up at 2:00 pm on Wednesday, June 23th.

T-shirts & Award Presentations

- All campers receive an exclusive *All Alaska Football Camp* T-shirt.
- Parents and fans are always welcome but are especially encouraged to watch Wednesday's practice and award presentations.
- Award Presentations are held at Colony High Stadium, 1:00 pm, Wednesday, June 23.

Participation Requirements - All campers must provide proof of their medical insurance. They must also bring a legible copy of their physical with a physician's signature dated after June 23, 2009. These must be filed with camp staff. Physicals will be returned at the end of camp. Campers cannot otherwise participate.

Payment - Cash/Cashier Check/Money Order made payable to *All Alaska Football Camp*. No Personal Checks.

Team Campers - Submit completed pre-registration application and deposit or full payment to your head coach

Individual campers mail applications to: *All Alaska Football Camp*, PO Box 241094, Anchorage, AK 99524

Message phone for parents during camp: (907) 244-1700



CAMP FEES

Enrollment: A \$100 non-refundable deposit reserves your spot.

Team Campers: Submit your completed pre-registration application & deposit, or full payment, to your head coach ASAP.

Individual Campers: Mail your completed pre-registration application and \$100 deposit immediately. **NOTE:** Pre-registration applications will not be accepted without *Parental Consent Agreement* and the *Camper Code of Conduct Agreement* signed by parent/guardian and camper.

DAY CAMP - \$319.00

CAMP SCHEDULE

- Individual skills, position meetings and team instruction
- Lunch (breakfast and dinner tickets sold separate in cafeteria)
- Exclusive *All Alaska Football Camp* T-shirt

OVERNIGHT CAMP - \$369.00

- Individual skills, position meetings and team instruction
- Room and all meals
- Exclusive *All Alaska Football Camp* T-shirt

BRING TO CAMP

- **Your Physical and Proof of Insurance**
- Broken-in football shoes
- Shorts
- T-shirts
- Socks
- Tennis shoes
- Towels
- Toiletries, etc.
- Suntan lotion or sunscreen
- Sleeping bag and/or bed rolls
- Air mattress
- Athletic supporter
- Alarm clock
- Sweats
- Own tape (if needed)
- **All campers:** Full Pads, Helmet, Jersey, Mouthpiece, Broken-in Football Shoes. (Check out your pads and helmet from your head coach)
- **QB's, Receivers, Running Backs, Defensive Backs:** Bring Your Own Football.

CAMP DIRECTIONS

Driving from Anchorage, Fairbanks, or the Kenai Peninsula: follow the Glenn Highway into Palmer. Turn left on the Palmer/Wasilla Hwy at McDonalds' intersection. Follow the Palmer/

Wasilla Hwy West approximately 2.7 miles to the light at N. 49th State Street. Turn right at car wash and follow N. 49 State Street approximately 1/2 mile to E. Colony School Drive (first street to left). Turn left on E. Colony School Drive. Colony High School - The All Alaska Football Camp site - is immediately on the left.

SUNDAY

10:00-2:30pm..... Registration/Camp Staff Meeting/Plan Practice
 1:30pm High School Coaches Meeting w/Camp Staff
 3:00-3:45pm..... Orientation
 4:00-5:15pm..... Offensive/Defensive Practice
 5:20pm Dinner (1st Meal) Individual Pictures
 7:00-8:30pm..... Team Practice
 8:00pm Senior Testing (40's, pro agility, height and weight)
 9:00-11:00pm..... Movies/Free Time
 11:00pm In Rooms
 11:15pm Lights Out

MONDAY

9:00-10:00am..... Breakfast
 10:00-10:45am... Offensive Position Meeting
 11:00-12:10pm... Warm-up/Offensive Individual Skills
 12:15-1:00pm..... Team Practice/ - Offense
 1:00pm Lunch
 2:30-3:15p..... Defensive Position Meeting
 3:30-4:40pm..... Warm-up/Defensive Individual Skills
 4:45-5:15pm..... Team Practice - Defense
 5:20-5:40pm..... Skeleton Pass
 5:30pm Dinner
 7:30-9:00pm..... Team Get Togethers
 9:00-11:00pm..... Movies/Free Time
 11:00pm In Rooms
 11:15pm Lights Out

TUESDAY

9:00-10:00am..... Breakfast
 10:00-10:45am... Offensive Position Meeting
 11:00-12:10pm... Warm-up/Offensive Individual Skills
 12:15-12:45p..... Team Practice
 12:50-1:10p..... Skeleton Pass
 1:00pm Lunch
 2:30-3:15pm..... Defensive Position Meeting
 3:30-4:40pm..... Warm-up/Defensive Individual Skills
 4:45-5:15pm..... Team Practice
 5:20-5:40pm..... Towel Pull Championship
 5:45pm Dinner
 7:30-9:00pm..... Team Get Togethers
 9:00-11:00pm..... Movies/Free Time
 11:00pm In Rooms
 11:15pm Lights Out

WEDNESDAY

9:00-10:00am..... Breakfast
 9:30-10:30am..... Cleanup
 10:30am College Prep Seminar
 11:15-11:30am... Warm-up
 11:15-1:00pm..... Team Get Togethers
 1:00pm Awards Ceremony

All Alaska Football Camp College & University Coaches To Be Announced - Expect the Best!



Pre-Registration Application (Detach and Submit)

Day Camp \$319.00 includes individual skills, position meetings and team instruction, lunch and an exclusive All Alaska Football Camp T-shirt. Deposit of \$100.00 required. I am enclosing full payment of \$319.00 I am enclosing a deposit of \$100.00 and will owe \$219.00 at registration T-shirt size (check one) M L XL XXL XXXL

Overnight Camp \$369.00 includes individual skills, position meetings and team instruction, room and all meals, and an exclusive All Alaska Football Camp T-shirt. Deposit of \$100.00 required. I am enclosing full payment of \$369.00 I am enclosing a deposit of \$100.00 and will owe \$269.00 at registration T-shirt size (check one) M L XL XXL XXXL

Team Campers: Turn in your completed pre-registration application and \$100.00 deposit, or full payment, to your head coach Individual Campers: Send this completed pre-registration application and \$100.00 deposit, or full payment, payable to: All Alaska Football Camp, PO Box 241094, Anchorage, AK 99524.

Payment: Must be cashier check, money order, or cash. All deposits are non-refundable. No Personal Checks Accepted.

Name Telephone # ()

Email

Address Father's Name

City State Zip Mother's Name

School Emergency # ()

D.O.B. Grade Fall 2010 Ht/Wt / Football Position / OFFENSE DEFENSE

Must Read, Sign and Date Below - Parental Consent Agreement

My son has my permission to attend the All Alaska Football Camp. I hereby authorize the staff of All Alaska Football Camp to act for me according to their best judgment in any emergency medical situation. I hereby waive, release, exonerate, and discharge the Camp, its employees, and volunteers from any or all actions causes known or unknown, from any injuries or illness incurred in Camp or on the way to or from Camp. Costs for treatment of injuries and hospitalization for illness or injuries incurred during the sports camp will be the responsibility of the parent or guardian of the participant. Any insurance carried by the parent or guardian may be used to defray such medical and hospital costs. I certify that my child has no injury or illness, which would limit his participation in Camp.

Parent/Guardian Signature Date

MUST READ, SIGN AND DATE BELOW - CAMPER CODE OF CONDUCT AGREEMENT

I understand by signing this application that I will comply with the rules of conduct set down by All Alaska Football Camp. I agree to meet All Alaska Football Camp's expectations of behavior in order to help establish and enhance an atmosphere of positive learning. I also agree to adhere to rules set forth by the Mat-Su School District as they pertain to their schools and educational system. I understand that violators will be sent home at parent's expense.

Camper Signature Date

Must Read - Athletes cannot participate in the camp without the following:

- Copy of physical examination with physician's signature dated after June 23, 2009. Must be on file with Camp Staff no later than registration day, June 20, 2010. Physicals will be returned at the end of camp. Current copy of medical insurance coverage. Must be on file with camp staff no later than registration day, June 20, 2010.

Medical Insurance Company Policy #