



## NON-CONTACT YOUTH FOOTBALL CAMP

*TOP COACHING FOR OFFENSE AND DEFENSE  
FOR STUDENT ATHLETES ENTERING GRADES 3-8 IN FALL 2010*

JUNE 28 - 29, 2010  
THE DOME  
6501 CHANGEPOINT DRIVE  
ANCHORAGE, ALASKA  
(907) 444-9300  
[ask@allalaskafootballcamp.com](mailto:ask@allalaskafootballcamp.com)  
[www.allalaskafootballcamp.com](http://www.allalaskafootballcamp.com)

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**“If you play football in Alaska, don’t miss this camp.”**

**About the Camp-** ESPN *Sports Center* called the All Alaska Football Camp “the premiere football camp in Alaska and one of the most unique in the nation.” The Camp is in its 19<sup>th</sup> year and recognized by college and high school coaches as one of the top camps in the nation.

New this year, the All Alaska Football Camp presents the **NON-CONTACT YOUTH FOOTBALL CAMP** where top college and select high school coaches will provide athletes superior football instruction in a well-supervised, organized, and enthusiastic environment.

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### **1 DAILY SESSION**

**Grades 3 through 8 in Fall 2010**  
Registration (Mon.): 12:00-1:00 pm  
Sessions (Mon. & Tue.): 1:15-4:30 pm  
Camper pick-up 4:45-5:00 pm

*Parents, friends and youth coaches are encouraged to attend camp as guests*

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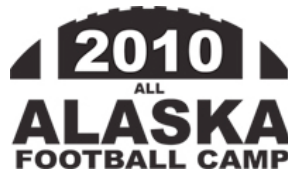
**Mail completed application and full payment to:**

*All Alaska Football Camp*  
PO Box 241094  
Anchorage, AK 99524

**CAMP INCLUDES:**

All Instruction  
Beverage  
Exclusive *All Alaska Football Camp* T-Shirt

**KEEP THIS INFORMATION FOR FUTURE REFERENCE.**  
**CAMP FEES, SCHEDULE, CAMP DIRECTIONS, AND BRING-TO-CAMP CHECKLIST ARE ON BACK.**



**CAMP FEES**

**Campers:** Mail completed pre-registration application and \$139 today. **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.

**Registration Late Fees:** A \$20 late fee will be charged at the door or if application is postmarked after June 26, 2010.

**BRING TO CAMP**

- Indoor turf or tennis shoes (No cleats)
- Shorts or sweats
- T-shirts
- Socks
- Own tape (if needed)

**CAMP DIRECTIONS**

THE DOME  
6501 CHANGEPOINT DRIVE  
ANCHORAGE, ALASKA

**Minnesota North:** Take the Raspberry Exit, go right. Take the immediate left at Changepoint Drive. Head east through the parking lot to The Dome.

**Minnesota South:** Take Raspberry Exit, go left. Under the overpass go left at Changepoint Drive. Head east through the parking lot to The Dome.

**AREAS OF INSTRUCTION**

**Quarterbacks:** proper throwing technique, stance, dropping back, play action, sprint out passing, and ball handling.

**Receivers:** ball handling, stance, receiving techniques, and route running.

**Running Backs:** ball handling, stance, run and pass blocking, pass receiving, and reading blocks.

**Offensive Lineman:** stance, starts, run-and-pass blocking, pulling, and trapping.

**Defensive Line:** stance, alignment, key reads, pass rush, run-and-pass defense, pursuit and tackling.

**Linebackers and Secondary:** alignment, stance, proper position, pass coverage, pursuit and tackling

**CAMP SCHEDULE**

***Grades 3-8***

**MONDAY**

- 12:00-1:00pm Registration
- 1:15-2:00pm.. Introduction and Rules
- 2:00-2:15pm.. Stretching and Agility Drills
- 2:15-3:25pm.. Offensive Stations (QB, RB, WR, OL)
- 3:25-3:35pm.. Break
- 3:35-4:45pm.. Defensive Stations (LB, DL, DB)
- 4:45-5:00pm.. Camper pick-up

**TUESDAY**

- 1:15pm .....Arrive at Camp (please be on time!)
- 1:30-1:45pm.. Stretching and Agility Drills
- 1:45-2:45pm.. Offensive Stations (QB, RB, WR, OL)
- 2:45-2:55pm.. Break
- 2:55-3:55pm.. Defensive Stations (LB, DL, DB)
- 3:55-4:15pm.. Punt/Pass/Kick Competition
- 4:15-4:30pm.. Towel Pull Competition
- 4:45-5:00pm.. Camper pick-up

[www.allalaskafootballcamp.com](http://www.allalaskafootballcamp.com)



# NON-CONTACT YOUTH FOOTBALL CAMP

## Pre-Registration Application (*Detach and Submit*) Deadline – June 26, 2010

A \$20.00 late registration fee will be charged at the door or if application is postmarked after June 26, 2010.

\$139 includes all instruction, an exclusive *All Alaska Football Camp* T-shirt and Beverage.

I am enclosing full payment of \$139.00

T-shirt size (check one) Youth S M L XL Adult S M L XL

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

Make cashier check or money order payable to: *All Alaska Football Camp*, PO Box 241094, Anchorage, AK 99524.

Name \_\_\_\_\_ Telephone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_ Father's Name \_\_\_\_\_

Address \_\_\_\_\_ Mother's Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Emergency # (\_\_\_\_) \_\_\_\_\_

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

Medical Insurance Carrier \_\_\_\_\_ Policy # \_\_\_\_\_

### **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 understand that violators will be sent home at parent's expense.

Camper Signature \_\_\_\_\_ Date \_\_\_\_\_