

Desert Vista Thunder

Camp of Champions JV & Freshmen

Mail and Make Checks Payable to:

Desert Vista Football Boosters

3941 E Chandler Blvd #161

Phoenix, AZ. 85048

Dan Hinds (480) 706-8097

Total

Camp Fee \$250__

Name_____Age_____Phone_____

Address_____City_____State_AZ__ Zip_____

Grade (Fall)_____

Please indicate medical insurance company_____

Policy #_____

Camp T-Shirt Size: M L XL (circle one)

Camp Short Size: M L XL (circle one)

All participants should be covered by their own insurance policies. It is understood that the Tempe Union High School District, Winslow High School, Dan Hinds and/or Desert Vista Football are released from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in, or in transit to or from, this football camp.

I hereby authorize the Camp Directors to seek medical attention if such attention is warranted.

Parent/Guardian Signature_____ Date _____

Camp Information

When: July 20th through July 24th

Departure: 6:00 a.m.
Returning: 3:00 p.m.

Where: Winslow High School

Who: All potential Freshman and Junior Varsity football players

Housing: All players and coaches will be staying in the gymnasium.

Dining: Breakfast, Lunch, and Dinner will be provided on campus. (There will also be a snack bar open in the evenings.)

What to Bring

- Shirts
- Shorts
- Shoes (football, tennis, & shower sandal)
- Socks
- Jacket
- Sweat Pants
- Towels
- Toiletries
- Spending Money
- Notepad
- Sleeping Gear: Air Mattress (sleeping bag or blanket and sheets)
- Pillow
- Sun block

Your son will have the opportunity to further develop his talents in the pre-season.

The Thunder Camp of Champions is designed to prepare young men for the upcoming season. The Football coaching staff at Desert Vista High School will be providing exceptional instruction throughout the camp.

Features of the Camp

- Emphasis on fundamental skills
- Individual offense and defense
- Implementation of offense and defense
- Speed and Agility improvement
- Come together as a team

Typical Daily Schedule

5:00 a.m.... Dawn Workout
6:00 a.m.... Breakfast
8:30 a.m.... Offensive Chalk Talk
9:00 a.m.... Morning Workout
11:30 a.m.... Team Competition
12:00Lunch (nap time)

1:30 p.m.... Defensive Chalk Talk
2:00 p.m.... Afternoon Workout
4:15 p.m.... Kicking Game
5:00 p.m.... Evening Meal (rest time)
6:30 p.m.... 7 on 7 Competitions
7:30 p.m.... Shower
8:00 p.m.... Team Meetings and Team Building Activities
10:00 p.m...Lights Out

Camp Fee is \$250

Includes: Bus transportation, accommodations, all meals, camp T-shirt. Bus transportation will be provided from Desert Vista High School (back parking lot).

The Program

Offense

Quarterbacks- stance, center exchange, cadence, pass drops, throwing, reading defensive coverages, and leadership.

Running Backs- stance, ball handling, ball carrying, direction change, blocking, and receiving.

Linemen- stance, blocking techniques, pulling, trapping, pass protection, along with communication and drill work.

Receivers and Tight Ends- stance start, routes, catching, blocking, reading and releasing on coverage.

Defense

Secondary- teaching all phases of coverages, drops, proper tackling, and pursuit angles.

Linebackers- stance, alignment, key recognition, pursuit, tackling, coverage skills, stunting, and leadership.

D-Linemen- stance, alignment, pass rush technique (swim, rip), pursuit, tackling, reading and recognition.

Specialty- punting, place kicking, snapping, holding, returning.