

Austin Peay Athletics Camp Information

Austin Peay State University does not sponsor, endorse or accept responsibility for the services described herein. Camp sponsors are not acting on behalf of the University. Representatives of the camp rent the use of facilities from the University and are solely responsible for the camp and services described herein. The information below is provided as a service to those Austin Peay fans interested in camps provided.

1ST AND 10 FOOTBALL SKILLS CAMP



Austin Peay State University, a Tennessee Board of Regents institution, is an equal opportunity employer committed to the education of a non-racially identifiable student body.

Football Office
Austin Peay State University
P.O. Box 4515
Clarksville, TN 37044

1ST AND 10 FOOTBALL SKILLS CAMP June 22-24, 2009

The Time
To Get
BETTER
is NOW

FOR STUDENTS ENTERING 1ST THROUGH 8TH GRADES

A top-quality camp at an affordable price

\$80 pre-pay • \$90 late registration

Early Registration ends June 21

15% Military Discount

15% APSU Faculty/Staff/Dependents

15% Sibling Discount

1 Discount per household/family

Coaching Staff

Rick Christophel, Head Coach

Assistants

Steve Haywood Granville Eastman

Marcus Gildersleeve Josh Roberts

Ryan Taylor Dainon Sidney

2009 1st and 10 Football Skills Camp

June 22-24

You are invited to attend the 1st and 10 Football Skills Camp held by coach Rick Christophel and his staff at Austin Peay State University. Our objectives are simple and contain the following:

- Teach fundamentally sound techniques. Instruct and refine those techniques on the practice field.
- Provide a fun competitive environment where campers can display what they have learned.
- **Have fun on and off the practice field!**

Camp Features:

Individual instruction from APSU staff.

Certificates by position and age group:

- Team Award

Lunch will be provided daily for each camper.

Camp bank will be provided.

Each camper will receive a camp T-shirt.

Concession snacks will be sold.

A full-time certified athletic trainer will be in attendance at all sessions.

Skills camp will be held for all positions, including kickers and punters.

Youth campers and older campers will be separated.

Directions

Austin Peay State University is located at 601 College St. The football office is in the Dunn Athletic Center, on the second floor, Room 227

Please direct any questions to
Granville Eastman (931) 221-7976
eastmang@apsu.edu

Skills Camp Daily Schedule

Monday, June 22, Day 1

7-8 a.m.	Registration/Check-in
8:15 a.m.	Welcome/announcements
8:30 a.m.	Flex/warmup
9 a.m.	Testing
9:45 a.m.	Water break
10 a.m.	Testing
10:45 a.m.	Water break
11 a.m.	Offensive fundamentals
11:45 a.m.	Gov Time
Noon	Lunch
1:30 p.m.	Flex/warmup/defensive fundamentals
2:15 p.m.	Water break/Gov Time
3 p.m.	Dismissal

Tuesday, June 23, Day 2

7:30 a.m.	Check-in
8 a.m.	Flex/warmup
8:15 a.m.	Offensive fundamentals
9 a.m.	Water break/offensive fundamentals
10:15 a.m.	Snack/highlight tape/Dunn Center tour
11:45 a.m.	Competition
Noon	Lunch
1:30 p.m.	Flex/warmup
1:45 p.m.	Defensive fundamentals
2:15 p.m.	Water break/Gov Time
3 p.m.	Dismissal

Wednesday, June 24 Day 3

7:30 a.m.	Check-in
8 a.m.	Flex/warmup
8:15 a.m.	Offensive fundamentals
9 a.m.	Water break/defensive fundamentals
11 a.m.	Gov Time/strength training
Noon	Lunch
1:30 p.m.	Flex/warmup/defensive fundamentals
2:30 p.m.	Water break/guest speaker
3 p.m.	Camp certificates/team awards
	End of camp

*All campers should come dressed in shorts, T-shirts and tennis shoes. You may also bring cleats, but this is not necessary. No helmet or football equipment allowed. Quarterbacks, kickers and punters must bring their own football.

CAMP REGISTRATION FORM

\$80 _____ Cash _____ Check (No Refunds Available)
(Make checks payable to Austin Peay Athletics)

Print Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Grade (Fall 2009) _____

Phone: _____

Emergency Phone No. _____

School: _____

Position: Off _____ Def _____

T-shirt size: Youth ___S___M___L___XL

Adult ___S___M___L___XL

Campers will not be permitted to participate without proper proof of health insurance. **Please send a copy of proof of insurance with this form.**

Please mail to: **Football Office** c/o Granville Eastman
P.O. Box 4515 • Clarksville, TN 37044

PARENT/ GUARDIAN RELEASE

I/We hereby request that you accept this application for the 2008 1st and 10 Football Skills Camp during the dates set forth in this application. I/We hereby release Austin Peay State University and all of its employees from all claims on account of any injury which may be sustained by my/our son while attending the 2008 1st and 10 Football Skills Camp and agree to indemnify Austin Peay State University and its employees from all claims hereafter be presented by my/our son as a result of any such injuries.

I/We give permission for Austin Peay State University medical personnel to administer first aid and adequate medical care in the event of an injury or illness.

Parent or Guardian Signature _____ Date _____

INSURANCE INFORMATION

Participant's Insurance Provider: _____

Subscriber's ID Number: _____

MEDICAL HISTORY

Asthma Y N Heart Problems: Y N

List any medical condition and/or medications that your child is currently taking that our staff should be aware of:

I/We certify that child has received a physical within the past 12 months of the camp dates and has been cleared by a medical doctor for athletic participation.

Parent or Guardian Signature _____ Date _____