



Wildcat Football Instructional Camp 2009

July 19-22, 2009

Specializing in "TEAM CONCEPT"

PROGRAM OF INSTRUCTION OL/DL

1. Blocking fundamentals (explosion, lift, blocking surface, etc.)
2. Stance (4,3), footwork, takeoff
3. Individual blocks (drive, trap, reverse crab, etc.)
4. Combination Blocks (double-team, scoop, etc.)
5. Pass blocking (play action, straight drop and sprint)
6. Veer and trap blocking
7. Blocking linebackers
8. Methods to improve quickness and agility
9. Methods to improve strength
10. Recognizing and understanding defenses
11. Blocking stacks
12. Blocking stunts
13. Snapping for punts
14. Snapping for PAT, FG
15. Pulling and leading
16. Blocking downfield
17. Methods to improve speed
18. Influence blocking
19. Film study of blocking (techniques and defenses)
20. Video-study or individual techniques

QB

1. Mechanics/Fundamentals of passing
2. Footwork, balance, drops
3. Passing from a set position
4. Passing from sprint action
5. Ball handling techniques
6. Option fundamentals
7. Coverage recognition
8. Throwing routes (out, curl, etc.)
9. Goal-line passes
10. Film-study of techniques and coverage
11. Video-study of individual techniques
12. Methods to improve quickness and speed

WR/RB/DB/LB

1. Receiving and catching fundamentals
2. Stances
3. Releases
4. Routes Stems
5. Routes (out, curl, etc.)
6. Coverage recognition
7. Route adjustment
8. Blocking fundamentals
9. Goal-line routes
10. Film-study of techniques and coverage
11. Video-study of individuals techniques
12. Methods to improve quickness and speed.



Rashean Mathis, Jacksonville Jaguars, All Pro



Nick Collins, Greenbay Packers, All Pro



Eric Weems, Atlanta Falcons,



Damien Cook, Detroit Lions,

CAMP INFORMATION

OBJECTIVE

Is to provide exceptional athletic training to each camper, while implementing "Team Concept". This camp is designed to give the participants a maximum number of drill periods supplemented by lectures, videos, and film study. Participants will be divided in to small groups to increase the improvement opportunity designed to meet their specific needs and capabilities. Campers will experience intense training that is designed to develop their abilities to their utmost potential.

WHO MAY ATTEND

This camp is designed for rising 9th through 12th graders. A limited number of athletes in each grade classification will be accepted. Applications will be taken on a first-come, first-served basis.

Registration

The registration check in time is from 2:00 to 4:00 p.m. on Sunday, July 19th. On July 22nd, 2009 the last drill session will end by 11:00 a.m., followed by immediate check out.

ROOMMATES REQUEST

We can assign roommates, but only if both parties request each other. Roommate request will not be guaranteed if application and deposit is not received within 10 business days prior to camp.

CAMP COST

RESIDENTIAL CAMPERS: \$200
TUITION INCLUDES INSTRUCTION, HOUSING, MEALS, AND A CAMP T-SHIRT. ON JULY 22ND, 2009 THE LAST MEAL SERVED IS BREAKFAST. (MEALS WILL BE SERVED THREE TIMES A DAY FOR RESIDENTIAL CAMPERS ONLY).

DAY CAMPERS : \$185
TUITION INCLUDES INSTRUCTION, LUNCH, DINNER, AND A CAMP T-SHIRT.

Deposit: A \$100 deposit must accompany application. The remainder cost must be payable upon registration. Money orders and cashier's checks should be made payable to Wildcats Football Camp. Cash is acceptable. No personal checks or credit cards. (Nutritious cafeteria-style meals will be served to campers at the Dining hall on campus).

HOUSING AND MEALS

Campers will be housed in one of Bethune-Cookman's modern air-conditioned dormitories.

SCHEDULE

The schedule will consist of lectures, drill periods, and film and video study. There will be morning, afternoon, and evening sessions followed by a recreation and free-time period. See program instructions for more details.

MEDICAL ATTENTION

For all campers, a full-time professional trainer will be present throughout the camp to administer to minor injuries and ailments. For more serious injuries expert medical attention will be utilized. All campers must return the Parental Consent and Medical Release form prior to participating in camp. (No one will be permitted to participate without a completed medical form.)

FACILITIES

Wildcat practice fields, lecture hall, and training rooms will be utilized during camp sessions. Bethune Cookman's weight room will be accessible to all participants during their free time.

CAMP STAFF

The Wildcat Football Camp is staffed by top and skillful College Professionals, High School and College Football Coaches. The Wildcat Football Instructional camp boasts an outstanding staff of experienced football coaches who are known for their ability to



facilitate fundamentals and individual skills. Each coach on our staff is hand picked by Coach Alvin Wyatt, Sr. and his coaching staff for their ability to enable our campers to improve their techniques while demonstrating team concept.

A TEACHING CAMP!

Wildcats Football Instructional Camp is a TEACHING CAMP... "A School of Football" where the emphasis is in "TEAM" concept. Youngsters who are serious about becoming a better player will enjoy our program; those who want "a week away from home" or a "baby-sitting service" will probably be disappointed. One cannot have teaching/learning without discipline, and that means discipline on and off the football field. A number of staff members will live in the dormi-

tory with our campers and will enforce proper behavior, bed check, curfew, room cleaning, and consideration for others. Being "where you are suppose to be" and "being on time" are very important to good teaching/learning and these will be stressed in camp. In addition, campers will be closely supervised at all times; not "led around by the hand" but supervised! Improper behavior will result in disciplinary action, and if a problem persists, the camper may be sent home.



The only Minority Coach in the World with
2 All Pro NFL Players on Current NFL Rosters

Street & Smith's
Eddie Robinson Award Winner
1998 MEAC Coach of the Year
2000 Finalist Coach of the Year
2002 Pigskin Coach of the Year
Alvin Wyatt Sr.
Bethune-Cookman University

Wildcat Football Instructional Camp Registration

Please fill out registration form (Money order, or Cashiers check .
Please make checks Payable to : Wildcat Football Camp \$100 Deposit
640 Mary McLeod Bethune Blvd., Daytona Beach, FL 32114-3099

Check One: Day Camper \$185 Residential Camper \$200

Name _____ SS Number _____

Birthdate _____ Weight _____ Height _____

Address _____ City _____ State _____ ZIP _____

Parent Name _____ Home Phone _____ Emergency Phone _____

School _____ Age _____ Grade Next Year _____



T-Shirt Size:

Adult Small Medium Large X-Large

Youth Small Medium Large X-Large

Method of Payment

Cash Money Order Cashiers Check

PARENTAL CONSENT AND MEDICAL RELEASE FORM

I/We hereby acknowledge and approve that our child is physically fit and mentally capable of participating in the Wildcat Football Instructional Camp and certify that he is in good health and able to participate in the camp activities. I/We, the undersigned hereby certify that I (we) am (are) the parent or legal guardian of the camper. I hereby give permission for Bethune-Cookman staff ,coaches, counselors and /or other professional medical personnel of the Camp to seek during the period of the Camp appropriate medical attention and to use their best judgment in the event of accident, injury or illness.

Signature _____ Date _____

I will be responsible for any and all costs of medical attention and treatment, except for that covered by the camp's excess medical coverage policy.

Policy # _____ Insurance Company _____

I have examined the applicant on _____ Date _____

And find the applicant is fully capable and is in good health and able to engage in camp activities.

Physician's Signature _____

In consideration of my application being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue to me against Bethune-Cookman University, or the Wildcat Football Instructional Camp, or its or their respective officers, agents, representatives, successors and/or assigns, for any or all damages which may be sustained or suffered by me in connection with my association with or participation in, and for rising out of my travel to or return from said Football Camp to be participated in on the campus of Bethune-Cookman University, I, THE PARENT OR GUARDIAN, DO HEREBY AGREE TO THE ABOVE WAIVER AND RELEASE..

Signature OF Parent or Guardian _____ Date _____

What to Bring

1. Towels, wash cloths, bed linens (single bed), bedspreads or blanket, pillow, and toiletry
2. Helmet, shoulder pads,shorts,team jersey, t-shirt, socks, football shoes, and supporters for drill periods and activities.
3. Basketball shoes for indoor activities.
4. Campers should not forget to bring their own helmet.
5. Do not bring TV's, stereos, football pads, or large amount of spending money.