

2008
QUARTERBACK SCHOOL
 Grades 10-11-12

These sessions are designed for Quarterbacks who will be entering their sophomore, junior, or senior year of competition in the fall 2008. Quarterbacks entering their freshman year are **NOT** allowed to attend. The "school" has gained a national reputation and we are excited to offer the school at UNI. It is not the "ordinary" camp as only 8 QBs will be allowed to attend each session on a first to register-pay basis. Those who attend will be schooled in every aspect concerning the "art" and "science" of quarterbacking for two full days. The school's mission is simple –

**To prepare each quarterback for the upcoming season.
 To enhance his overall quarterback development.**

This is accomplished by providing an extraordinary amount of individual attention and instruction both on the field and in the classroom that is simply not possible in the ordinary "camp" setting. I personally coach each quarterback in all field and classroom sessions. Each quarterback will be provided with an evaluation, sent also to his HS coach, QB Manual, off-season workout schedule, and a school shirt. All activities are conducted in the safe environment of the University of Northern Iowa. All quarterbacks room and board on campus to fully live the "Panther Quarterback Experience" and must attend **ALL** workouts.

Topics Covered

- Biomechanics
- Motor Behavior, Control, and Learning
- Reads and Keys
- Pass Offense Categorization - Introduction
- Quarterback Specific Field Workout (Drills)

Passing Mechanics (short, intermediate, deep)

- Stationary
- On the move
 - Direct, Inside right and left
- Play Passes (General)

Drop Backs

- 3, 5, 7 step
 - Frontside, backside, and middle.
- Initial Response System

Run Game Mechanics-General

Leadership as Performance

Media Relations

Situation, Huddle, Read-Key Zones

Navigating the NCAA Evaluation and Recruiting Wars

Required Supplies: Football and basketball shoes, **helmet only**, socks, practice gym shorts, T-shirts, toiletries.

Alert: All participants are required to stay on campus and required to attend **ALL** workouts – no exceptions. All linens for bedding and towels for showers are provided.

2008
QUARTERBACK SCHOOL
 Freshmen QBs only

The Freshman Quarterback School is designed for the young QB who will be entering his freshman year in the fall 2008. **NO other age groups will be allowed to attend this unique school.** There is no other QB school like this in the country! The goal is to employ the art and science of coaching to teach each quarterback this detailed position. They will be schooled in great detail to pass the ball from a stationary position, to pass the ball while on the move, and to drop back. The schools mission is simple –

**To expose the young QB to the principles required to master
 the above techniques.
 To expose them to a QB specific workout.**

Consequently, the Freshman Quarterback School utilizes an intense individualized environment for two full days. We will admit 8 quarterbacks to this unique school on a first to register-pay basis. Each quarterback will be provided with an evaluation, sent to his HS coach, QB manual, off-season workout schedule, and school shirt. All activities are conducted in the safe environment of the University of Northern Iowa. All quarterbacks room and board on campus to fully live the "Panther Quarterback Experience" and must attend **ALL** workouts.

Topics Covered

- Biomechanics
- Motor Behavior, Control, and Learning
- Defensive fronts and coverage - Introduction
- Reads and Keys
- Quarterback Specific Field Workout (Drills)

Passing Mechanics (short, intermediate, deep)

- Stationary
- On the move
 - Direct, Inside right and left
- Play Passes (General)

Drop Backs

- 3 and 5 step
 - Frontside, backside, and middle.
- Initial Response System

Taking the "SNAP"

Leadership as Performance

Media Relations

Situation, Huddle, Read-Key Zones

Navigating the NCAA Evaluation and Recruiting Wars

Required Supplies: Football and basketball shoes, socks, practice gym shorts, T-shirts, toiletries. **NO helmet for freshmen.**

Alert: All participants are required to stay on campus and are required to attend **ALL** workouts – no exceptions. All linens for bedding and towels for showers are provided.

2008 REGISTRATION FORM

TO BE COMPLETED BY PARENT OR GUARDIAN.
 TYPE OR PRINT IN INK ONLY.
 Payment in full to UNI Sports Camps-QB School, and medical release form must accompany this registration form.
 Credit Card payment not accepted.

Absolutely No Refunds

- __ QB School I: June Grade **9 Only** \$475.00
- __ QB School II: June Grades 10-11-12 \$475.00
- __ QB School III: June Grades 10-11-12 \$475.00
- __ QB School IV: June Grades 10-11-12 \$475.00

 Last First MI

 Home Street Address Apt #

 City State Zip Code

 Home Phone (please include area code)

 Parents / Guardian's last name

 Parents / Guardian's first names

 Day time phone numbers

 Home Street Address if different from QB

 City State Zip Code

Applicant's Grade as of fall 2008 (circle one): 9 10 11 12
 High school Graduates are not permitted to enroll.

 High School

 Address

 City State Zip Code

 Name of Head Football Coach Office Phone