



CENTRAL COLLEGE FOOTBALL

- 30 Iowa Conference championships
- 20 NCAA Division III playoff berths (third-most in U.S.)
- No losing seasons since 1960



CENTRAL COLLEGE FOOTBALL TEAM CAMP REGISTRATION FORM--SESSION II, JULY 28-30

Name _____ Grade in fall _____ Adult T-shirt size _____

Address _____ Street _____ City _____ State _____ Zip _____

Home phone _____ Father cellphone _____ Mother cellphone _____

Athlete cellphone _____ Athlete email _____

Parents' name(s) _____ High school _____

Offensive position _____ Defensive position _____ Special teams position _____

Amount enclosed: _____ \$170 full payment

Students involved in an HSAA-sanctioned event conflicting with camp dates will be allowed full refunds upon request.

PARENTS' RELEASE AND INDEMNITY AGREEMENT

Prior to the start of camp, all camp participants must submit a liability and medical release form signed by a parent. The form is available on the Central athletics website at: http://www.central.edu/athletics/camps/2012-13/camp_release.pdf

If there are problems accessing the form, please contact Coach Jeff McMartin.

RETURN REGISTRATION FORM AND PARENT RELEASE FORM TO:

Jeff McMartin, Director, Central College Football Camps, Central College, Pella, Iowa 50219

Jeff McMartin
Camp director



- 2005, 2006 and 2007 Iowa Conference coach of the year.
- Entering 10th season as head coach at Central.
- 73-23 record (.760).
- Led Central to four Iowa Conference titles and NCAA Division III playoff berths.
- Served as assistant coach at five NCAA Division III colleges.

- Former graduate assistant at Wake Forest Univ.

CAMP PURPOSE

Central College is interested in helping young men grow, both in athletics and in gaining a deeper knowledge of themselves and their abilities. We want to guide them as they improve their skills in football and come to enjoy the experience of working together with their teammates and with other football players and coaches.

CAMP STAFF

Instructors will include members of the Central College football coaching staff in addition to each individual's high school coach.

CAMP FORMAT

Practices will consist of individual periods with the Central College coaching staff and group and team time where each team will work with its own high school coach.



WHO IS ELIGIBLE?

All young men who are entering grades 9-12 and are members of a team coming to the camp.

WHAT YOU WILL NEED

1. Football shoes and gym shoes
2. Shorts, supporters, socks
3. Clothes for campus wear
4. Small amount of spending money
5. Bedding (sheets, pillow, blanket)
6. Towels and toilet articles
7. Shoulder pads and helmet

DATES

Camp begins Sunday, July 28 and ends Tuesday, July 30. Check-in is Sunday from 12:30-2 p.m. in the Schipper Fitness Center lobby, located in the A.N. Kuyper Athletics Complex. Camp ends Tuesday at 11 a.m.

CAMP LOCATION

The Central College campus is located in Pella, Iowa, just 40 miles southeast of Des Moines on Highway 163 and 22 miles south of I-80. Kuyper Gym is on the corner of West 5th Street and Independence in the southwest section of Pella.

- Skill and technique drills for all positions
- Principles of weight training
- Principles of speed training
- Experienced coaching staff
- Individual instruction
- Air-conditioned on-campus housing
- Outstanding facilities
- Buffet meals at Central Market on campus

SPEED AND STRENGTH TRAINING

In addition to individual skill and technique work, you will also benefit from the Central College football camp's emphasis on speed and weight training. Central has two full-time strength and conditioning coaches. They'll give you valuable information on various techniques of strength training. Gain insights about flexibility, speed and quickness. You will also learn about proper sprinting and running form as well as pick up some special drills to improve your agility and speed.

COSTS

The cost for the camp is \$170. This fee covers room, board, instructor, insurance and camp T-shirt.

NOTE--Students involved in an IHSAA-sanctioned event conflicting with camp dates will be allowed full refunds upon request.

