

1st Annual
EastSide Eagles Instructional Football Camp
With Speed & Agility Training & Combine Testing

CAMP HIGHLIGHTS
Non-Contact Instruction

Current Grades
1st thru 7th

CAMP COORDINATOR



Coach Nick Sherevan
CYO Hall of Fame
MYAA Hall of Fame
 '90, '99, '04, '05 '08
 CYO Champions

Former Head Coach of Warren St. Anne's, Coach Nick has been head coach and football coordinator for 35 years. His staff's record is 257 wins, 75 losses and 2 ties. 25 of his teams have been champions under his direction which led to 24 Silverdome & Ford Field appearances and is the only team to play in 14 CYO title games.

The EastSide Eagle coaching staff is one of the best grade school and middle school football programs in the state instructing athletes ages 7 to 14 in tackle football. Seven of the 21 members of the coaching staff are former players of Coach Nick. Over 70 Alumni have received college scholarships. We have the ultimate safe equipment and football accessories.

Check out eastsideeaglesmi.com and EastSide Eagles on Facebook for more information about our program.

Get Ready for Flag or Tackle Programs!

Held at: Eckstein Park
(east off Mound; just north of Chicago)

Camp 1: Saturday, May 19th
 9:30 am - 12:30 pm

Camp 2: Sunday, May 20th
 9:30 am - 12:30 pm

Attend Camp 1 or Camp 2; or Both!

- Please arrive a half-hour before camp time for check-in.
- In case of heavy rain, camp will be held the following weekend. Times TBD.

Check EastSide Eagles on facebook on camp day if unsure of postponement.

INSTRUCTIONAL STAFF

EastSide Eagles Coaching Staff
Over 250 years combined experience

Dave Reid: Speed & Agility Trainer
Former Trainer of the US Olympic Track Team

Equipment you will need:

- Tennis shoes or football shoes
- Weather appropriate clothing
- Camp T-shirts will be provided

Medals & Prizes Awarded

EastSide Eagles: Champions on the field today; Champions in life tomorrow!

Running Form and Flexibility: Each athlete will learn the importance of proper running and stretching techniques.

Safety: The proper way to block & tackle will be emphasized.

Offensive and Defensive Drills: Every athlete will learn and experience drills according to his position that will make him a better football player.

Air Force Football: Games held the last half-hour of camp.

Various skills will be tested.

INSTRUCTION BY POSITIONS

Offense

- QB** • Special emphasis on passing, basic skills, handing off
- BACKS** • Blocking, faking, running the sweep, option handoffs & pass routes
- LINE** • Stance, base shoulder block, pass blocking, steps alignment
- ENDS** • Pass catching, blocking & pass routes

Defense

- BACKS** • Stance, alignment, key responsibility, run support, option, sweep, & zone pass defense
- LINEBACKERS** • Stance, alignment & pursuit
- LINE** • Defense run, angle technique, pass rush
- ENDS** • Stance, alignment, option support, sweep, pass drops

REGISTRATION FORM

For the most benefit, campers are encouraged to specialize in one of each of the two categories below:

- Sign up for desired positions
- | | | | | |
|-------------|-------------------------------|-------------------------------|--------------------------------|------------------------------|
| 1. Offense: | <input type="checkbox"/> QB | <input type="checkbox"/> Back | <input type="checkbox"/> Line | <input type="checkbox"/> End |
| 2. Defense: | <input type="checkbox"/> Back | <input type="checkbox"/> Line | <input type="checkbox"/> LB-er | <input type="checkbox"/> End |

Name _____ Age _____ Height _____ Weight _____ Grade _____
 Home Phone _____ Address _____ City _____ Zip _____

Camp fee is \$35.00 for both May 19th & May 20th camps. Camp fee is \$20.00 per camp for May 19th or May 20th camp only.

- Check Camp(s) desired: **Both Camps:** Saturday, May 19th & Sunday, May 20th (enclose \$35.00 check)
 Camp 1 only: Saturday May 19th (enclose \$20.00 check) **Camp 2 only:** Sunday May 20th (enclose \$20.00 check)

Please indicate any allergies or health concerns: _____

Complete, detach, & enclose this form along with your check for payment. Payment is not refundable after May 15th.
 Call Coach Nick with any questions at **586.677.1097** (h) or **586.419.4822** (c) or nick@eastsideeaglesmi.com

Make check payable to: EastSide Football Club **Mail To:** 53532 Shanelle Lane • Shelby Township, MI • 48315