



2013 Sundevil Youth Football Skills and Conditioning Camp

This is a non-contact camp, designed to put players (boys and girls, ages 5-14) through the paces of most positions, including special teams and prepare them for the upcoming season. Players will rotate from station to station as they learn valuable techniques and fundamentals from the Mt. Carmel High School Football Coaching Staff. Attend one night or all four. Get a 25% discount with early registration for all four nights.

Come play under the lights

Experience how it feels to play like a Mt. Carmel Sundevil under the big lights!

When: July 9-12, 2013 from 6:30 pm – 8:30 pm

Where: Mt. Carmel Sundevil Stadium

Cost: \$25 per night or save 25% with early registration

for ALL four days for only \$75. Deadline for discount: June 13

Fee includes an official camp t-shirt & water bottle per player



Why choose this camp?

- Get in shape for the upcoming season
- Instructed by the Mt. Carmel Coaching Staff
- Flexible. Attend one night or all four
- Position specific skills training
- Learn the techniques needed to run the read option and what makes the Sundevils one of the top rushing teams in the North County!
- Speed and agility training
- Individual positional periods
- Focus on offense, defense, special teams
- Shorts, t-shirts, cleats preferred
- No other special equipment needed
- Fun Competitions with Awards (info on the back)

Mt. Carmel Coaching Staff includes Head Varsity Coach John Anderson, Varsity Defense Coordinator Eddie Enriquez, JV Head Coach Bill Hunt and Freshman Head Coach Jackie Johnson. Sundevil Alumni, Nick Vasko, currently on scholarship and playing football at the University of Redlands, and other Sundevils playing in college will be assisting in teaching position specific skills! Contact Coach Anderson with additional questions at janderson@powayusd.com.

Camp Dates: July 9 (\$25)
 July 10 (\$25)
 July 11 (\$25)
 July 12 (\$25)
 Early Registration Discount, ALL 4 days (\$75).
Deadline for early registration June 13

Shirt Size Youth: S M L XL
 Adult: S M L

Players Name: _____ Players Age: _____
 Phone: _____ Cell: _____
 Parent Name (print): _____ e-mail: _____

X _____ Date: _____

Make checks payable to "MCAF"

Mail to: Mt. Carmel High School, Attn: John Anderson, 9550 Carmel Mountain Rd., San Diego, CA 92129

Big Man in San Diego Competition

Each night during the skills camp, players will go to a “Competition” station. On Monday, the competition station will be for passing. Points will be awarded for how far and accurate the ball is thrown. We will give out awards for at least the top three in each division. There will be a different competition each night.

Players will also be accruing points for the “Big Man In San Diego Completion”. Points will be totaled for passing, punting, kicking and the 40 yard dash. The winner of this event in each age group will receive the Big Man Trophy.



Tuesday - Passing Competition

- Win points for throwing distance and accuracy



Wednesday - Punting Competition

- Win points for punting distance and accuracy



Thursday - Kicking Competition

- Win points for kicking distance and accuracy



Friday - 40 Yard Dash Competition

- Win points for pure speed.

Plus again this year, “The Quarterback Challenge”. Throw football at targets that are mounted on golf carts, just like you see on TV. Who can score the most points?



Awards Presentation will be at 8:30 pm