

Our Philosophy

Athletics offer an **educational process** in life that when seized and utilized properly, with discipline, can help develop young people with skills necessary to become **strong and productive leaders** in our society. We bring together athletes and coaches who have achieved different levels of **success**.



Cost:

Single Player: \$100 (Before July 30th)

Siblings: \$90 each (Before July 30th)

(After July 30th add \$20)

Team Rate: \$1200 (12 or more players)

Team registration must come in together

Each player will receive a t-shirt

Make Check To:

**Willamette Valley Youth Football
Camp**

Mail To: Travis Johnson

400 East 19th Ave

Eugene, Or 97401

Contact Travis – 541-543-4254 or

twjohnson83@gmail.com

Why Attend A Full Contact Camp?

- ❖ With a full contact camp, you are provided the opportunity to truly **practice what you are being taught**. You are not just learning the theory of football, but you are learning how to play the game.
- ❖ All participants will be taught the safest way of playing the game of football from well-qualified **coaches**.
- ❖ Participants will learn **safe habits** they can take with them the rest of their playing careers.
- ❖ Teams can sign up and practice together as a team, thus gaining an advantage over other teams not involved.

Is a Full Contact Camp Safe?

- ❖ Players have a better chance of **not** getting injured if they **learn basic fundamentals**.
- ❖ Players will be matched with others the **same age and weight**.
- ❖ **Certified Athletic Trainer** on hand throughout the camp.

Who Is Coaching?

- ❖ Local high school coaches
- ❖ Past U of O football greats
- ❖ Current U of O football players
- ❖ Ex-NFL football players

Areas of Instruction:

Quarterbacks- Stance, Exchanges, Drops, Set-up, Sprint Out, Play Action, Option, Field Leadership

Wide Receivers- Stance, Start, Release, Route Running, Cuts, Blocking, and Catching

Running Backs- Stance, Start, Ball Handling, Cuts, Blocking, Pass Protection

Tight Ends- Stance, Start, Run Blocking, Catching, Ball Security

Offensive Line- Stance, Start, Pass Protection, Run Blocking

Defensive Line- Stance, Start, Pass Rush, Run Reads

Linebackers- Stance, Start, Run Reads, Pass Coverage

Defensive Backs- Stance, Start, Run Reads, Pass Coverages

Please fill out form below and send with money:

Camper Name: _____ Age: _____

Grade: _____

Address: _____

City: _____ State: _____ Zip: _____

Guardian Name(s): _____

Guardian Home Phone: _____ Work: _____

Cell: _____

Offensive Position: _____ Defensive Position: _____

Adult T-Shirt Size: S M L XL XXL

Emergency Contact Information (If different than above): _____

Relationship: _____

Name: _____ Ph No.: _____

Insurance carrier: _____

Policy number: _____

Has participant received a physical in the last 12 months?

____ Yes ____ No

Payment Options:

Make Check to:

Willamette Valley Youth Football Camp

(See reverse side for address info)

Credit Card:

Visa Master Card

Card # _____

Expiration Date: _____ Total Paid \$ _____

Signature: _____

CAMP DISCLAIMER AND PARENTAL RELEASE

FORM:

I AM THE PARENT OR GUARDIAN OF THE NAMED CHILD WHO IS A CANDIDATE TO PARTICIPATE AT THE WILLAMETTE YOUTH FOOTBALL CAMP. I HEREBY GIVE MY APPROVAL TO THE PARTICIPATION IN ANY AND ALL OF THE ACTIVITIES OF THE CAMP 2011. INCLUDED BUT NOT LIMITED TO PRACTICES, DRILLS, GAMES, TOURNAMENTS, IF ANY, AND ANY OTHER ACTIVITY ASSOCIATED WITH THE CAMP ON AND AFTER THE DATE HEREOF. IN CONSIDERATION OF YOU PERMITTING MY CHILD TO PARTICIPATE IN THE CAMP AND THE ACTIVITIES, AND IN CONSIDERATION OF THE TIME AND EFFORT DEVOTED BY THE COACHES AND SUPERVISORS AND STAFF OF THE CAMP. I ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO THE CONDUCT OF THE ACTIVITIES AND TRANSPORTATION TO AND FROM THE ACTIVITIES.

Signature: _____

Date: _____

Daily Schedule

Monday

4:00- Registration, Equipment Check

6:00- Dynamic Stretch

6:20- Offensive Individual

6:50- Offensive Group

7:20- Team Competition

7:30- Defensive Individual

7:45- Defensive Group

8:00- Team Time

*Players will be matched with a team of their same age and size. Groups with 12 or more players will have Team Time together

Tuesday and Wednesday

5:30-8:30 Same as above

Thursday

5:30 Offensive Group

6:00 Defensive Group

6:15 Scrimmages

*Schedule is subject to change

**Parents are asked to join us for scrimmages

Equipment to bring:

Cleats, mouthpiece, football equipment (Helmet, pants, shoulder pads, etc.), extra water, and any other items that you see fit.

Both Pop Warner and Kidsports will handout equipment ahead of time.

Willamette Valley

Full Contact

Youth Football Camp

The only full contact youth football camp in the valley

**For Students Entering Grades 1st-8th
5:30-8:30pm**

South Eugene High School

August 15th-18th

