

MHB GRIDIRON CAMP – SUMMER 2019

#AttackSuccess

FOR STUDENTS ENTERING 9TH, 10TH, 11TH & 12TH GRADES

July 18-19, 24-26 (Tr-Fri, W-Fri)

3:15 – 6:15 PM: Varsity Practice Fields

CAMP COORDINATOR: BRET ST ARNAULD

FOCUS OF THE CAMP:

The camp will be three days of contact, position specific football technique training and Offensive and Defensive Install. Our goal is to make you a fundamentally improved football player. You will learn the same techniques and fundamentals that will be used in our football program. **Attack Success** is this year's philosophy of the MHB Football Program; we are striving everyday to be champions; in the classroom, on the field, and in life!

POSITION FOCUSES:

OFFENSE

QUARTERBACKS (QB): stance, exchange, and play action passing, setup, throwing release and reading defenses.

RUNNING BACKS (RB/H): stance, takeoff, reading defenses, ball handling, change of direction, blocking, and pass receiving.

WIDE RECEIVERS/TIGHT ENDS (WR/TE): stance, release, blocking, route technique, open field running and receiving.

OFFENSIVE LINE (OL): stance, count system, communication, run blocking techniques, and pass blocking techniques.

DEFENSE

DEFENSIVE LINE (DL): stance, keys, reaction, run defense, pass defense, and pass rush techniques.

OUTSIDE LINEBACKERS (OLB): stance, keys, reactions, run defense, pass defense, pass drops, and blitz techniques.

INSIDE LINEBACKERS (ILB): stance, keys, reactions, run defense, and coverage techniques.

DEFENSIVE SECONDARY (DB): stance, all phases of coverage, run reaction, pass reaction, and flow concepts.

EQUIPMENT: Participants will be expected to come to each session dressed in appropriate attire, athletic socks, cleats, running shoes, T-shirt, and athletic shorts or sweatpants. **Mouth guards** will be provided and must be worn. Any eyeglasses worn in practice must be unbreakable in accordance with WIAA safety rules. **We will be issuing helmets and shoulder pads at this camp.**

NAME: _____

ADDRESS: _____

ENTERING GRADE: _____ AGE: _____

PARENT: (PRINT) _____

CELL PHONE: _____

If we are not able to contact you in an emergency, we should contact:

NAME: _____ PHONE: _____

PARENT/GUARDIAN STATEMENT: I hereby authorize the directors of the MHB Viking Gridiron Camp to act according to their best judgment in any emergency requiring medical attention. I hereby release and waive the MHB Viking Gridiron Camp Staff from all liability for any injury or illness. I have no knowledge of any physical impairment of the camper.

PARENT/GUARDIAN SIGNATURE: _____

****Make checks out and mail check and form:**

MHB Gridiron Club
305 S. 8th Street
Mt. Horeb, WI. 53572

CIRCLE SIZE FOR CAMP T-SHIRT: (Adult Sizes)

S M L XL XXL

***CAMP COST: \$80** (includes t-shirt)
\$70- if more than one son
competing in the Gridiron Camp

*** PLEASE TRY & REGISTER ASAP FOR CAMP ORGANIZATION PURPOSES***