

2009

MIKE NANNEY

FOOTBALL/CONDITIONING CAMP

INFORMATION: 704 458 6922

**Not everything in life is free. You don't get it because you want it.
You have to work to get it. You have to work to be better. You have to earn it.**

For this reason we are offering a camp designed to teach young athletes about **working hard**. Through **working hard**, learning to be disciplined and participating in this camp we hope to instill a drive, desire and understanding in **OUR** young athletes that will help them achieve their dreams.

- WHO:** Ages 8 – 14 (15-18 with HS coaches permission)
WHAT: **10** (2 Hour) Football Technique and Conditioning Sessions
WHEN: Starting: July 27th – July 31st (**2 Sessions per Day**)
- Morning Sessions: 8:30AM – 10:30AM
 - Evening Sessions: 6:30PM – 8:30PM
- WHERE:** TBD
COST: \$150
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- **GUEST SPEAKERS (Motivational) at evening sessions**
- **Tee Shirt, Shorts for all campers**
- **Awards given last day of camp at evening session**
 - 5 Perseverance Awards
- **Each participant will receive a grade for the following intangibles**
 - Attitude
 - Coachability
 - Confidence
 - Football Knowledge
 - Effort
 - Leadership
 - Sportsmanship
 - Teamwork

This Camp is a Football Conditioning Camp

DAILY AGENDA

Morning Session 8:30AM – 10:30AM

- Warm Up 15 minutes
- County Fair – 6 Football Conditioning Stations 20 minutes
- Water Break 10 minutes
- Fundamental Skill Talk Session 15 minutes
- Fundamental Skill Practice 15 minutes
- Water Break 10 minutes
- County Fair – 6 Football Conditioning Stations 20 minutes
- Sprints 10 minutes

Evening Session 6:30PM – 8:30PM

- Warm Up 15 minutes
- County Fair – 6 Football Conditioning Stations 20 minutes
- Water Break 10 minutes
- Fundamental Skill Talk Session 15 minutes
- Fundamental Skill Practice 15 minutes
- Water Break 10 minutes
- County Fair – 6 Football Conditioning Stations 20 minutes
- *Thursday Evening – Guest Speaker* 15 minutes
- Sprints 10 minutes

EVERYONE WILL BE EXPECTED TO WORK HARD AND FOLLOW RULES

- **ZERO TOLLERANCE** for any disrespect or misbehavior.
- Those who show a lack of effort will be asked to leave.
- Those who show disrespect will be asked to leave.
- Those who cause trouble will be asked to leave.
- Those who choose not to follow the rules will be asked to leave.
- Those who choose not to listen will be asked to leave.
- Those who talk while coach is talking will be asked to leave.

This is a “working” football camp. There will be no standing around waiting. You will be working hard!!! We will work hard for 2 hours. You will come out of this camp in better shape than you entered. The camp and YOU will be very structured. This camp is for those interested in getting into shape to play football!!!

“The Difference between a successful person and others is not the lack of strength, not a lack of knowledge, but rather the lack of will” - Vince Lombardi

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MORNING & EVENING SESSIONS \$150

Empty box for payment or fee information.

REGISTRATION FORM

NAME:

Empty box for participant name.

AGE:

Empty box for participant age.

ADDRESS:

Empty box for participant address.

Table with columns for MOTHER NAME, FATHER NAME, HOME PHONE, CELL PHONE, WORK PHONE, EMAIL, EMERGENCY CONTACT NAME, HOME PHONE, CELL PHONE, WORK PHONE, and RELATION.

PLEASE INITIAL EACH PARAGRAPH TO CONFIRM CONSENT

- Consent paragraphs with checkboxes: 'The undersigned parent or guardian...', 'I affirm that to the best of my knowledge...', 'Furthermore, in consideration of the training...', 'I also grant permission for treatment...'.

PARENT / GUARDIANS SIGNATURE:

DATE:

Horizontal line for signature and date.

Table with medical history questions: BIRTH DEFORMITIES, PAST ILLNESS, MEDICAL CONDITIONS, FRACTURES, ANY DISABILITIES, ALLERGIES, MENTAL DISORDERS, CURRENTLY ON ANY PERSCRIPTION DRUGS, and EXPLAIN ANY YES ANSWERS.

MAIL REGISTARTION FORMS TO: MIKE NANNEY FOOTBALL CAMP, 114 East Bend Court Suite 1 Mooresville, NC 28117 or drop by in person at the same address.