

CAMP SCHEDULE

(SUBJECT TO CHANGE)

Friday:

4:30 PM - 9:00 PM

Saturday/Sunday:

7:30 AM - THERAPY ROOM OPEN

8:00 AM - PEAK PERFORMANCE COACH

8:20 AM - CONDITIONING

10:00 AM - END OF PRACTICE

10:30 AM - GUEST SPEAKER

11:30 AM - END OF LUNCH

12:00 PM - CONDITIONING

12:20 PM - PRACTICE

2:00 PM - BREAK / GUEST SPEAKER

2:40 PM - PRACTICE

3:50 PM - MOTIVATIONAL LECTURE

4:10 PM - GRIDIRON BREAKDOWN

How did you hear about us?

PARENTS' CONSENT

I hereby give my consent for my child to participate in all activities at the Ottawa Gridiron Football Camp. In case of medical or surgical emergency, I hereby give permission to the physician selected by the camp director to hospitalize and secure proper treatment for the athlete listed above. I hereby agree to release all camp personnel, Ottawa Gridiron Football Camp and their employees whatsoever of any claims.

HEALTH CARD #:

Signature of Parent:

(parent signature required if under 18 years of age)

REGISTER TODAY

(LIMITED NUMBER OF PARTICIPANTS)

Name:

Address:

City:

Phone:

*Email:

Age (During camp):

Position - OFFENSE: QB WR RB TE OL

DEFENSE: LB CB S DL

(PLEASE PROVIDE AN OFFENSIVE AND DEFENSIVE POSITION)

Height:

Weight:

Current School/Club:

T-Shirt Size: XXL XL L M S

Equipment Needed: YES NO

(ALL FITTINGS WILL OCCUR THE NIGHT PRIOR TO THE CAMP)

CAMP - PAYMENT

EARLYBIRD REGISTRATION.....\$175.00

(Before November 30, 2009)

CHRISTMAS SPECIAL.....\$199.00

(Before December 31, 2009)

CAMP REGISTRATION.....\$225.00

(Before February 28, 2010)

LATE REGISTRATION.....\$245.00

(After February 28, 2010)

MAIL CHEQUE AND REGISTRATION TO:

(Please Make All Cheques Payable To)

OTTAWA GRIDIRON FOOTBALL CAMP

66 LAKEPOINTE DRIVE

OTTAWA, ONTARIO

K4A 5E5



MAY 21 - 23, 2010

**LOUIS RIEL DOME
1659 BEARBROOK ROAD
OTTAWA, ONTARIO**

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facebook.

OTTAWA GRIDIRON FOOTBALL CAMP

*Win a Free trip to
Syracuse University
Football Camp!*

Ottawa Gridiron Football Camp is a three day camp for youth aged 7-18. The camp will feature the teachings of offensive and defensive skills taught by football professionals and coaches. Other elements will include a question and answer session with CFL players, former CFL players, university players (CIS/NCAA) and coaches. Discussions about nutrition and conditioning as well as lectures on the importance of academic excellence will be conducted.

JUNIOR GRIDIRON CAMP

Junior Gridiron athletes will gather an understanding of their respective offensive and defensive positions. They will be taught by professional athletes the essentials of football while focusing on speed advancement, explosiveness, and agility, in game replicated situations. Campers will be grouped based on age, size, and ability to ensure maximum competition and safety.

SENIOR GRIDIRON CAMP

Senior Gridiron athletes will focus on intermediate and advance football techniques concentrating on position specific drills and technique development. We will introduce you to advanced speed and agility drills. All athletes will gain an understanding of two positions of their choice. This level of play will foster a highly competitive learning environments for all athletes that participate.

Various scouts from top level universities attend our camp to view senior athletes preparing for CIS or NCAA football. We emphasize to our athletes that this is an opportunity to gain exposure to schools such as Queen's University, Concordia and NCAA schools!

PREVIOUS STAFF AND GUESTS

Jock Climie

Climie is a TSN Broadcaster, Lawyer, 12 year CFL player and CIS All-Canadian. He was awarded the Lew Hayman Trophy as the top Canadian in the CFL, and was a three time divisional CFL All-Star. He retired from the league as one of the CFL's top 10 all-time receivers.

Richard Karikari

As a former professional football player and sports publisher for Rivals.com, Richard has earned a respected following from numerous coaches and players from across North America. His work with youth athletes, both on and off the field as a coach, mentor and role model is recognized Nation-wide. The CFL All-star is the owner of Complete Sports Performance and won the 2008 Grey Cup Champion with the Calgary Stampeders.

Joel Adour

Assistant coach at Morrisville College State (NCAA), NY. Former player for University of Evangel in Springfield, MO.

Mike White

Mike White is the University of Ottawa Gee Gees Defensive Coordinator . He has coached many high profile CFL athletes such as Lukas Shaver and Scott Gordon. White, was also the Defensive Coordinator for the Ottawa Gee-Gee's during the Vanier Cup Championship in 2000.

Alvin Powell

Alvin Powell is a former NFL offensive lineman. He played for the Seattle Seahawks and the Miami Dolphins. He currently is a substance abuse counselor and runs the Saving Station Foundation.

STRENGTH AND CONDITIONING

We pride ourselves in providing some of the most sought after highly qualified trainers in the country. During the camp these individuals help you work on your speed, agility, acceleration, strength, power and conditioning, providing you with that edge that you need to stay ahead.

DO YOU HAVE TO PLAY FOOTBALL TO JOIN THE CAMP?

Although this is a "football camp", Gridiron is accepting athletes of all sports. The training that we conduct addresses the needs of athletes in various sports. The advice from pro athletes, university coaches, nutritionist and motivation speakers only stands to benefit participants, regardless of the sport they play. We accept all levels of athletes from beginner to collegiate players.

WHY OTTAWA GRIDIRON FOOTBALL?

The football camp offers limited-contact technique training and has been developed to enhance the skills of young athletes everywhere. Our coaches take every step possible to provide a setting where the sport is enjoyed and skills are improved. All instructions take place on well-groomed fields. Each athlete will be exposed to experienced coaching from the university and high school level.

EQUIPMENT

All athletes will require shoulder pads, helmet, chin straps, mouth gear, football cleats, football pants with pads, running shoes and shorts. Equipment is available for rental for an additional \$50 per an athlete. Each athlete will receive an Ottawa Gridiron Football Camp T-shirt and many more prizes!