

SCHEDULE

SATURDAY, DECEMBER 12

Session A

Quarterbacks & Receivers

- 8:00 – 8:30 Registration
Jack Simpson Gym, lower level
- 8:30 – 10:00 Practice #1
- 10:15 – 10:45 Classroom analysis of practice #1
- 10:45 – 11:15 Lunch (your own – food court is open)
- 11:15 – 12:00 Strength training, programs, and instruction
- 12:15 – 1:45 Practice #2
- 2:00 – 2:30 Classroom analysis of practice #2
- 2:45 Wrap-up

Session B

Offensive & Defensive Line

- 9:30 – 10:00 Registration
Jack Simpson Gym, lower level
- 10:00 – 11:30 Practice #1 – run game
- 11:45 – 12:15 Classroom analysis of practice #1
- 12:30 – 1:00 Lunch (your own – food court is open)
- 1:00 – 1:45 Strength training, programs and instruction
- 2:00 – 3:30 Practice #2 – pass game
- 3:30 – 4:00 Classroom analysis of practice #2
- 4:15 Wrap-up

SUNDAY, DECEMBER 13

Defensive Backs, Linebackers & Running Backs

- 8:00 – 8:30 Registration for **Defensive Backs**
Jack Simpson Gym, lower level
- Schedule follows Session A listed above.
- 9:30 – 10:00 Registration for **Linebackers and Running Backs**
Jack Simpson Gym, lower level
- Schedule Follows Session B listed above.



2009 DINOS DECEMBER
FOOTBALL CAMPS
SATURDAY & SUNDAY, DECEMBER 12 & 13

Kinesiology

CAMP PHILOSOPHY

The primary goal of this skills camp is to instruct the fundamentals of football in a safe, fun, and rewarding environment. All participants will receive individual skill analysis, instruction and coaching. Through on-field sessions the participants will be exposed to information and expertise that will assist them in their training and conditioning.

SKILLS

Participants wishing to improve their game skills will enjoy and benefit from these camps.

INCLUDES

- Personal instruction
- Video analysis
- Skills and drills

EQUIPMENT

Provide your own

- Helmet
- Shoulder pads
- Mouth guard
- Shorts/sweat pants
- Jersey
- Running shoes (gym floor)
- Lunch (food court is open)

COACHES

- **Blake Nill** – Head coach, University of Calgary Dinos
- **John Stevens** – Defensive Coordinator, University of Calgary Dinos
- Calgary and area high school coaches, Dinos players

LOCATION & COST

- Jack Simpson Gym, University of Calgary
- \$75 + gst per camper per day

EQUIPMENT RENTAL

Helmet and shoulder pad rental fee: \$25.00
Contact John Stevens for details

FOR MORE INFORMATION

- Call Campus Recreation at (403) 220-7749
Monday – Friday 8:30 am – 4:30 pm

REGISTRATION INFORMATION

- **Online:** at ucalgaryrecreation.ca and return along with the **signed consent form**
- **Mail to:** University of Calgary
Kinesiology Client Services
2500 University Dr. N.W.
Calgary, AB T2N 1N4
- **Or register by phone:** (403) 220-7749
- **Or register at the door**

PAYMENT METHOD

- **Online or by phone:** Mastercard or Visa only
- **At the door:** Cheques or cash only

CAMP LIMITATIONS

- Quarterbacks, Linebackers, Running Backs, Offensive and Defensive Line: 30 campers
- Defensive Backs: 40 campers
- Receivers: 50 campers

CAMP QUESTIONS?

Contact

- **John Stevens** (403) 220-3423
stevensj@ucalgary.ca



**DINOS
FOOTBALL**