



Allen Park Parks & Recreation Department

2009

PREMIER SUMMER ATHLETIC PROGRAMS

FOOTBALL CAMPS HYPE Premier Youth Football Camp (Ages 8 - 14)

When: July 27 – 31 (Monday – Friday) From 9am – 12pm

Cost: \$75 ***Registration Deadline July 25th ***

Where: Cunningham Park (Pinecrest Park - Allen Park)

Who: Boys (ages 8 – 14)



- Top Instructional Staff: The HYPE Athletics Football Staff will include collegiate (present and former) players representing division I,II, III and N.A.I.A. schools. High School Coaches, High School players.
- Motivational Speeches : Inspirational and informative lectures will be given everyday.
- Nutrition and Diet: Athletes will be instructed on the proper eating habits and nutritional needs of an athlete.
- Running Form and Flexibility: Each athlete will learn the importance of proper running form, starts, and the newest stretching techniques and principles in speed training
- Offensive and Defensive Drills: Every athlete will learn and experience drills according to his position that will work on his individual techniques.
- Testing: Each athlete will be tested in Various skills, including strength, agility, and speed
- Safety: The proper ways to block and tackle will be emphasized.
- Non-Contact Instruction: There will be no contact at this camp.

Instruction by Positions

OFFENSE

- QB** Special Emphasis on passing, techniques, handing off, running set plays, Option techniques, drops, reads and field leadership
- Backs** Blocking techniques, agility , vision, setting up blocks, option handoffs, and pass routes
- Line** Stance, base and hook blocking, pass blocking, steps, alignment, sweep, pulling, and option
- Receivers/Ends** Pass catching, blocking, stalking, pass routes, escape techniques

DEFENSE

- Backs** Stance, Alignment, key, break technique, responsibility, run support, option, sweep, zone, man to man coverage, and bump run techniques.
- Linebackers** Stance and keys versus run, pass drops, coverage, shedding blocks, blitz technique, and Linemen reads
- Line** Run responsibility, angle technique, pass rush, double team, trap,
- Ends** Stance, keys, option support, sweep, pass drops, pass rush

Speed and Agility Clinic & ALL Athlete Combine Testing Camp (Ages 10 –17)

Jump Higher, Run Faster, Play BETTER

MAXGAINS

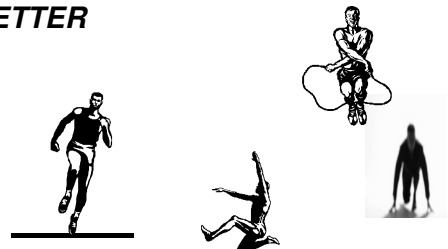
When: WK 1 July 6 - 10, WK 2 July 13 - 17, WK3 July 20 - 24

Program Held Mon, Wed, Fri (from 1pm – 3pm each week)

Cost: One week \$40, Two weeks \$75, ALL Three Weeks \$100

Where: Allen Park Community Center

Who: Boy & Girls (Ages 10 – 17) Athletes playing any sport welcome



Dynamic Flexibility, Speed Mechanics, Agility, Foot Work (ladder specific), Plyometrics, Circuit Training, Conditioning, Sport Specific Drills, Team Leadership Skills, 40 Yard, 100 Yard, Resistance Runs, Push ups, Chin ups, Jump Rope Routines,

* Needed: Indoor Running/Cross Training Shoes