

PLEASE PRINT CLEARLY
*Mail registration by 1 July 2017

Name _____
Address _____
City, State, Zip _____
Phone: _____
Grade & School (Fall, 2017) _____
Height: _____ Weight: _____
Shirt Size _____
Current Team: _____
Years of Experience: _____
Health/Accident Insurance Coverage
Information:
Name of Co.: _____
Policy #: _____

Parent/Guardian Authorization: I hereby approve of my son's attendance at the Viking Youth Football Camp and certify that he is in good health and able to participate in all activities. I authorize the directors to act for me according to their best judgment in any emergency requiring medical attention. I hereby waive and release the Viking Youth Football Camp; it's staff and Central Catholic High School from any and all liability while attending or traveling to and from the camp.

Parent/Guardian Signature _____
Print Name _____
Emergency Contact Phone Number _____

Please mail to:

Jason and Beth Trautman
314 Crimson Drive
Pittsburgh, Pa 15237

Camp Features

- ✓ Personal instruction from an experienced staff
- ✓ Focus on fundamentals and techniques that are age appropriate
- ✓ All aspects of the game to be covered – offense, defense, and special teams
- ✓ Game like competitions that emphasize teamwork and execution
- ✓ Individual evaluations for speed and agility
- ✓ Opportunity to make new friends, and compete with campers from many backgrounds and skill levels
- ✓ T-shirts for all campers
- ✓ Workout on our state-of-the-art practice facility
- ✓ The Viking Youth Football Camp experience is unmatched by any camp of its kind in the area. Be sure to join us for a memorable football experience.



"TRADITION NEVER GRADUATES"

VIKING YOUTH FOOTBALL CAMP



July 26, 2017
Central Catholic
High School

6:00-9:00 PM

HOME OF THE
2015 AAAA STATE CHAMPIONS

1988, 2004, 2007 STATE CHAMPIONS

2003, 2013, 2016 STATE Finalists

2003, 2004, 2007, 2013, 2015, 2016
WPIAL Champions

COST OF CAMP: FREE

About the Camp

The Viking Youth Football Camp is one of the best non-contact camps in the area. Our primary goal is to teach as much about the game of football in a way that is both educational and fun. Our emphasis will be on teaching football fundamentals and techniques that are individualized for each camper. Individual time will be spent with each player as well as instruction based on age and level of competition. Campers will also be provided with an opportunity to participate in competitive activities that emphasize the value of teamwork and discipline as well as the chance to set and achieve goals that promote individual as well as team success. Our hope is that each camper will leave with a better understanding of the game and with the knowledge they will need to help them reach their full potential as football players.

Camp Staff

Head Coach Terry Totten and his staff of outstanding, experienced coaches will provide an evening of expert instruction on the basic fundamentals and techniques of football. As a group, these coaches have over 200 years of combined experience and have coached with teams that have won a collective total of 52 WPIAL titles and 28 state titles at the AAAA level. Each camper will enjoy a well-organized and efficient camp that utilizes the time spent both on and off the field. Our ultimate goal is to teach, instruct, and support every camper so that they will become a better player and person.

Camp Application

Participants: Boys entering grades 4 through 9 in the fall, 2017

Date: Wednesday, July 26

Time: **6:00-9:00 PM**

Location: Central Catholic High School

Cost: Free

Walk-up Registration is welcomed!

What to bring: T-shirt, gym shorts or sweats, turf shoes and sneakers in case of thunderstorms. Camp will be held rain or shine. We will move indoors if needed based on the weather.

Registration: Campers will report to the Central Catholic practice field between 5:30 - 6:00

For additional information, contact
Ron Balog at 412-980-5904

Note: The Viking Youth Football Camp is a private camp sponsored by the Central Catholic Football Parents Association and is not affiliated with Central Catholic High School.

Camp Program

OFFENSE

QUARTERBACKS: stance, exchange, drops, set up, release, follow through, reading defenses, passing routes.

RUNNING BACKS: stance release, ball handling, faking, blocking, receiving.

WIDE RECEIVERS: stance, release, running routes, catching, open field blocking.

TIGHT ENDS: stance, release, run and pass blocking, running routes, catching, open field blocking.

OFFENSIVE LINE: stance, run blocking techniques, pulls, pass protection.

DEFENSE

DEFENSIVE LINE: stance, keys, run defense, pass rush.

OUTSIDE LINEBACKERS/DEFENSIVE ENDS: stance, keys, run reads, pass defense, pass drops, rush technique.

INSIDE LINEBACKERS: stance, keys, run reads, pass reads/drops.

SECONDARY: stance, coverage's (including zone and man techniques), defending releases, downfield blocking, interception reads and techniques.