

SPRING VALLEY FOOTBALL CAMP

June 15-18

T-shirt Sizes: (check one)

YS YM YL

Small Medium Large X-Large XX-Large

Applicant's Name _____

Age _____

Grade Next Year _____

Parent/Guardian's Name _____

Address _____

School Now Attending _____

Home Phone _____

Work Phone _____

PARENT OR GUARDIAN PERMISSION

WAIVER: I understand that I will provide and pay for all medical treatment for my child/ward and will not hold Spring Valley High School, Richland School District 2, or agents thereof liable for injuries incurred while my child/ward is attending football camp.

Signature of Parent or Guardian _____

Date _____

All applications and fees (checks payable to Spring Valley Football Camp) should be sent to:

Spring Valley Football Camp, c/o Coach Mike Armstrong, Spring Valley High School, 120 Sparkleberry Ln., Columbia, SC 29229

Defensive Program of Instruction

Defensive Lineman/Ends

1. Stance, footwork, and takeoffs
2. Defensive techniques (explosion, lift, reads)
3. Technique vs. double-team, trap, fold, reach
4. Pass rush techniques
5. Methods of improving quickness, agility
6. Methods to improve strength
7. Methods to improve speed

Linebackers

1. Stance, footwork, and takeoffs
2. Defensive techniques (explosion, lift, reads)
3. Techniques vs. isolation, reach, drive block
4. Pass drops and coverage
5. Methods of improving quickness, agility
6. Methods to improve strength
7. Methods to improve speed

Defensive Backs

1. Stance, footwork, and takeoffs
2. Defensive techniques (zone, man, combo)
3. Technique vs. different formations
4. Alignment vs. different formations
5. Pass drops and coverage
6. Methods of improving quickness, agility
7. Methods to improve strength



11TH ANNUAL SPRING VALLEY



FOOTBALL CAMP

1973, 1974, 1975, 1977, 1988, 1994,
2001, 2005 & 2006
Region Champions

1973, 1974, 1975, & 1988
AAAA State Champions

June 15-18, 2009
Rising Grades 3-9

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Spring Valley High School
120 Sparkleberry Lane
Columbia, South Carolina 29229
803-699-3500

Champions of Tomorrow . . . ?

We can't guarantee that the Spring Valley Football Camp will make you an All-American, but we do promise that after one week you will become a better player and perhaps even have a better attitude that will help you in everyday life. It doesn't matter if you are a serious student of the game or a newcomer; the Spring Valley Football Camp can make you feel better about your chances for tomorrow!

Who Can Participate?

This camp is a day camp open to any young man who has a genuine desire to improve his football skills. Any young man, rising grades 3-9, may participate.

The camp dates are June 15-18 Objectives?

The camp program is designed to concentrate on developing fundamental skills in all areas of the game, including offensive, defensive, and specialty techniques. Phases of the kicking game, the passing game, skill positions, and line play will also be included in the instructional program. You will also learn sportsmanship, leadership, and citizenship in a championship environment.

We want our football camp to be the beginning of long-time positive relationships with our future athletes and their families. We feel that positive relationships are a must in order for our football program at Spring Valley to function at a level that is in keeping with our tradition.

Cost?

Tuition for the day camp is \$50. The fee includes camp tuition, daily drink, snack, poster and a camp T-shirt. Campers should arrive each day between 7:45 and 8:00 and should be picked up at 12:00 each afternoon. This is a non-contact camp. T-shirt, shorts, and cleats are the only requirements.

Coaching Staff:

We have assembled an outstanding staff for our camp. Spring Valley High School has a number of athletes now playing in the college and professional ranks. We will have some of them in camp to work with the campers.

Camp Schedule:

7:45-8:00	<i>All campers should arrive at camp</i>
8:00-8:15	<i>Opening Comments from Coach Farr</i>
8:15-8:30	<i>Stretching and Cals</i>
8:30-9:30	<i>Offensive/ Defensive Fundamentals</i>
9:30-10:00	<i>Snack Break/ Films/Talks by Star Athletes</i>
10:00-11:00	<i>Offensive/ Defensive Fundamentals</i>
11:00-11:15	<i>Water Break</i>
11:15-12:00	<i>Viking Punt, Pass, & Kick Competition / Passing League</i>
12:00	<i>Break Camp</i>

We will have a weight room orientation session after the snack break on Thursday, June 18th

All campers will participate in a Punt, Pass, and Kick Competition



Offensive Program of Instruction

Offensive Lineman

1. *Blocking fundamentals (explosion, lift blocking surface, etc.)*
2. *Stance footwork, takeoff*
3. *Individual blocks (drive, reach, turnout, etc.)*
4. *Combination blocks (double team, fold, scoop, etc.)*
5. *Pass blocking*
6. *Trap blocking*
7. *Blocking linebackers*
8. *Methods to improve quickness, agility*
9. *Methods to improve strength*
10. *Recognizing and understanding defenses*
11. *Blocking stacks*
12. *Blocking stunts*
13. *Snapping for punts*
14. *Snapping for PATS/FG*
15. *Pulling and leading*
16. *Blocking downfield*
17. *Methods for improving speed*
18. *Influence blocking*

Quarterbacks

1. *Mechanics/Fundamentals of passing*
2. *Footwork, balance, drops*
3. *Passing from a set position*
4. *Passing from a sprint position*
5. *Ball handling techniques*
6. *Option fundamentals*
7. *Coverage recognition*
8. *Throwing routes (out, curl, etc.)*
9. *Goal line passes*
10. *Methods to improve quickness and speed*

Receivers

1. *Receiving and catching fundamentals*
2. *Stances*
3. *Releases*
4. *Route stems*
5. *Routes (out, curl, etc.)*
6. *Coverage recognition*
7. *Route adjustments*
8. *Blocking fundamentals*
9. *Goal line routes*
10. *Methods to improve quickness and speed*