

Welcome Future Spartan,

On behalf of the Spartan coaching staff I would like to welcome you to the Spartan Athletes 2010 Summer Camp. I would also like to commend you on your choice to challenge yourself mentally and physically through the game of football. At West we understand that it takes an elite athlete to play football. We also recognize that our players are special. In turn we will teach you discipline, respect, honor, teamwork, work ethic, sportsmanship, and shape you for your future as a community leader. We will do this all while teaching you the greatest game on earth. Welcome to WEST FOOTBALL!



*"Create Turnovers"
"Rally to the ball"*

Coach Paulin

Spartan Football Camp '10

"Be An Athlete"



*"Play Fast"
"Play Physical"*

Any Questions, please contact:

*Spartan Athletes
c/o Coach Paulin
1305 East Decorah Road
West Bend, WI 53095*

*Phone: 262.335.5570 (Ext. 31718)
Email: coachpaulin@live.com*

"Be An Athlete"

July 26th-July 30th

Youth = 8-10 AM HS = 10-12 PM



Spartan Athletes

Spartan Football Camp 2010

Spartan Football Camp 2010

The *Youth Camp* is designed to include 2010 Spartan Youth Football players. The camp will be held at the High School practice fields next to the tennis courts. The focus of the camp will be basic fundamentals including, but not limited to alignment, kicking, tackling, catching, blocking, running, "Spartan" terminology and offensive play execution. The camp will have skills training time and a "team" time the first four days. The camp will conclude with a competition on Friday.



Go Spartans!

The *High School Camp* is designed to include 2010 high school players. The camp will focus on basic fundamentals, teamwork, and include the installation of the varsity 4-3 Defense, and Multiple Set Offense.

Camp Staff

The Spartan Football Camp will be staffed by the current West Bend West Varsity football coaching staff. The West varsity staff brings to the camp a wide knowledge base in terms of football (playing and coaching), and life experiences that will be beneficial to all the athletes. All staff members have extensive training in the field of education and coaching.

What To Bring/Where to Register

Each camper should come prepared for physical activity. They should be dressed properly, including shirt, shorts, sweat socks, and football cleats, or tennis shoes. We will provide water at water breaks, but it is recommended that the athletes bring their own sports beverage or water. Come to the West softball diamond/tennis courts by the West practice field to register. Registration starts at 7:30 am on Monday. In case of rain we will be in the field house at the high school. Please bring tennis shoes.

We advise the players and parents to leave all valuables at home. The camp is not responsible for lost articles.

Camp Schedule

The *Youth Camp* will afford each player two days to practice and learn an offensive and defensive position, with a competition on Friday.

The *High School Camp* will be split into an offensive or defensive camp for each player to maximize repetitions and mastery of a specific position. This also increases the installation process of the offensive and defensive systems run throughout the program.

Players' Name _____

Grade in '10-'11 _____

Players' Name* _____

Grade in '10-'11* _____

Parents' Name(s) _____

Home Phone _____

Emergency Phone _____

Shirt Size(s) (circle) Youth: M L

Adult: S M L XL XXL

Cost of Camp: \$85*

(Registration is due June 4th, 2010)

My son has permission to participate in the Spartan Football Camp 2010. I will be responsible for any medical or other charges in connection with my son's attendance at the Spartan Football Camp 2010.

I specifically release the Spartan Football Camps from any liability for any claim for damages which I or my son may have for injuries or illness that he may sustain while at or during the Spartan Football Camp 2010.

Parent Signature _____

Date _____

Make Checks payable to Spartan Athletes

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*For 2 campers the cost is \$150 or if you are in need of financial assistance contact Coach Paulin.