

2019 Summer Camp Zion Benton Football 10th - 12th Grade



**Play Hard
Play Smart
Play Together**

Zion-Benton High School Football Program:

The ZEE-BEE Football program is built on a commitment to excellence. Our Student athletes will place an emphasis on excellence:

- In the Classroom**
- At Home**
- In the Community**
- On the Football Field**

The summer football camp is an important aspect to developing our commitment to excellence. The summer program includes the following.

- All Individual Offensive Positions
- All Individual Defensive Positions
- Offensive & Defensive Terminology, Formation & Plays
- Group and Full Team Development including "7 on 7" and "9 on 9"
- WE WILL INSTALL OUR OFFENSE AND DEFENSE IN THE SUMMER!
- Opportunity to directly with High School coaching staff
- Strength training, conditioning & Speed development

Fee: \$160 per camper includes 7 pad girdle. \$120 per campers who supply their own 7-pad girdle.

****** This fee includes all camps listed.**

If you have any questions, please send emails to: cristo.garza@yahoo.com

Parent Statement:

I hereby authorize the staff of Zion-Benton to act for me according to their best judgment In any emergency requiring medical attention and I hereby waive and release the camp from Any and all liability for any injuries or illness incurred while at camp. I have no knowledge Of any physical impairment that would be affected by the above camper's participation in The camp.

Signed: _____ Date: _____

Summer Football Camps

Locations: Zion-Benton High School

Head Coach: Cristo Garza

Email: cristo.garza@yahoo.com

Skills Camp

June 3rd – 6th

Monday - Thursday

5:30pm – 7:30pm

Lifting/Speed Camp

June 10th – 27th

Monday - Thursday

8am - 10am

Football Camp

July 8th – August 1st

Monday - Thursday

8am - 12pm

The camp is instructed to help transition intermediate school football players and prepare first-time players for high school football. The camp will focus on developing players in three key areas that will increase their chance for football success.

- Weight Room & Speed Training
- Football Education/Chalk Talk
- Football Execution/On-field Training and proper techniques.

Weight Room: The athletes will be under the direction and supervision of the staff to ensure proper technique is taught to provide a safe lifting environment for all. The athlete will improve in core muscle group strength by focusing on the core Olympic lifts of Bench Press, Squat and Power Clean. Strength improvement will be recorded at the end of each 4-week session. The speed training will be conducted by the varsity staff. Emphasis will be on form and technique to increase 40 yard and Pro-Shuttle times

Football Education/Chalk Talk: The athletes will be instructed by varsity coaches and will be introduced to offensive and defensive schemes that will be used at the high school level. The chalk talk will also include video cuts from high school and college to show actual players executing the schemes.

Football Execution/On-field Training: The practice plan will be structured to simulate an actual high school practice. Individual and team drills will be used to improve the athletes' football skills and technique specific to the position played. Competitive situations will be structured to allow athletes to work against an opponent for skill improvement. Athletes will be taught proper heads up tackling techniques.

Return Form with payment to:

Zion-Benton H.S.

Athletic Department

c/o Cristo Garza

W. 21st Street, Zion, IL 60099

(checks payable to Zion-Benton HS)

Zion-Benton Summer Football Camp Registration

Parent/Guardian Name: _____

Address: _____

City, State, Zip: _____

Home Phone: (____) _____

Emergency Phone: (____) _____

E:mail: _____

Camper's Name: _____

Grade in September 2018 _____

****HALF the payment must accompany registration form.**

****Payment in full is due by the 1st camp session.**

Camper Name _____

Choose only one Summer Camp Fee for all Football Camps at the School.

Fee: \$160.00 includes 7-Pad Girdle Payment _____

Fee: \$120.00 No Girdle Payment _____