

6th Annual I-84 Contact Football Camp



Beware of Oncoming Traffic

July 12-15, 2010

Mountain Home High School
Mountain Home, Idaho

Featuring College Coaches from:

*We are moving the camp back one week to accommodate the College Coaches Fall Schedule.

- **A list of Colleges will sent out by March, 2010.**

The camp's emphasis is two fold:

1. For coaches to work with their team and prepare them for the upcoming season.
2. For college coaches to instruct, evaluate/scout athletes as potential college student/athletes.

Camp Background:

This is a very competitive camp, all teams and individuals are able to test their abilities in a variety of football related activities. This camp is open to both 8-man and 11-man teams. This camp has received individuals from Washington, Utah and Ohio. We welcome individuals. They are placed on a renegade team and are coached by the College coaches.

Cost: \$70.00 per player

Cost includes T-shirt, breakfast, dinner, access to weight room, training room, film rooms, and entry into the Passing League Tournament, Lineman Challenge, and Game tournament.

Accommodations:

Teams will be camping outside; there is also a KOA campground right next to the fields.

- **Other options include staying at one of the local hotels**
 - **Best Western 208-587-8477**
 - **Sleep Inn 208-587-9743**
 - **Hampton Inn 208-587-7300**
 - **Highlander 208-587-3311**
 - **Thunderbird 208-587-7927**

Agenda:

7-12 Monday:

- 8:00-12:30 Registration
- 1:00-3:00 Combine
- 3:00-5:00 Free time or practice
- 5:00-5:40 Practice Individual's Offense with college coaches
- 5:40-7:00 Team practice time
- 7:15-8:00 Dinner (Cafeteria)
- 8:00-8:30 Coaches' meeting
- 8:30-9:30 Passing League

7-13 Tuesday:

- 6:30-7:30 Breakfast
- 8:00-8:40 Practice Individual's Defense with college coaches
- 8:40-11:30 Team time
- 11:30-12:00 Scrimmage
- 12:00-2:45 Free time
- 3:00-3:40 Individual's Offense with college coaches
- 3:40-5:30 Team practice time
- 5:30-6:00 Scrimmage
- 6:15-7:00 Dinner
- 7:30-9:30 Passing League

7-14 Wednesday:

- 6:00-7:30 Breakfast
- 8:00-8:40 Practice Individual's Defense with college coaches
- 8:40-11:30 Team Practice time
- 11:30-12:00 Scrimmage
- 12:00-2:30 Free Time
- 3:00-3:40 Individual's Offense with college coaches
- 3:40-6:00 Team games
- 6:15-7:00 Dinner
- 7:30-9:30 Lineman challenge

7-15 Thursday:

- 6:00-7:30 Breakfast
- 8:00-8:30 Warm-up
- 8:30-12:00 Team games
- 12:00-12:30 Awards

*Weight room will be open between practices, as well as classrooms for meetings etc. Scaffolding will be available for filming.

Scrimmage Guidelines:

Scrimmages will take place between the two teams occupying the same field. Each scrimmage will last about 30 minutes. Each team will get an offensive and defensive position. There won't be any referees. Coaches will have the opportunity to coach their kids between plays, but please be courteous of the other team since they are trying to get as many plays in as they can.

Scrimmage format is up to the coaches involved; they can either drive the ball, or have the same line of scrimmage each time. Scrimmages overlap into the free time block of the day, so if the coaches agree to continue they can.

Passing League Guidelines:

Personnel:

- Each team can have up to 5 eligible receivers in a route.
- Each team may use their line if they would like to practice their blocking, but there won't be any rushing plays. The line may not go down field and block.

Rules:

- Each team will start on the 40 yard line. They have 4 plays to advance 20 yards for a first down (new set of downs).
- Each team will have 4 possessions (2 the first half, 2 the second half). If possible, work out a 1st team and 2nd team rotation with the opposing coach.
- Touchdowns are worth 6 points.
- Extra points are worth 1 point from the 5-yard line and 2 points from the 10-yard line.
- Interceptions/fumbles are worth 2 points and an additional 6 points will be awarded for a returned touchdown (intercepting/recovering team will not be allowed to try for an extra point). This will not count as an offensive possession for the intercepting team. An interception/lost fumble will end the offensive possession.
- QB's have 5 seconds to pass the ball or it will be considered a sack, and the team will be assessed with a 5-yard penalty and loss of down.
- The team with the most points after 4 possessions wins. Overtime one possession each.
- There will be 1-2 people supervising each game and enforcing normal game rules such as pass interference, defensive holding, facemask, etc.

Game Guidelines:

Rules:

There will be two referees in each game; one on the offensive side of the ball and one on the defensive side of the ball. They will follow IHSAA rules. There will also be a chain crew for each game.

- Two half's will be played. Each half is 18 minutes running clock each coach has 2 timeouts per half.

Individuals:

Although this is a team camp, individuals are welcome to attend. They will be placed with other individuals to form a team, most likely coached by a few of the college coaches.

Items To Bring:

- **Shoes**
- **Cleats**
- **Shorts**
- **Football gear (none will be checked out)**
- **Toiletries**
- **Towels**
- **Sleeping gear (sleeping bags, pillows, blankets, etc.)**
- **Spending money**

The main reason this camp was put together is due to the high cost of sending student athletes to a formal football camp, only to be seen by one school. This is a very affordable camp and the athletes should be seen by a number of schools.

We look forward to hearing from you, and are excited about this opportunity.

If you have any questions please feel free to contact me.

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I-84 Contact Football Camp Registration

Athlete's Name: _____

Parent/Guardian: _____

Home Address: _____

Home Phone: _____ Emergency Contact Phone: _____

School: _____ Grade entering in fall: _____

T-Shirt Size: Med _____ L _____ XL _____ XXL _____ XXXL _____

Insurance Company and Policy#: _____

Make Checks Payable to Mountain Home High School
\$70 per athlete

Teams that want to guarantee a spot will have to send a non-refundable \$560 deposit (8 players) ASAP (amount will go toward registration fee).

I give Permission for the above athlete to take part in the **I-84 Contact Football Camp**, held July 12-15, 2009 Monday through Thursday. I realize that there is a possibility of injury because of the aggressive nature of American football. I also understand that my athlete will be coached/supervised by his high school coaches, as well as advised by college coaches. Mountain Home School District No.193 is not liable for any medical, dental, or hospital bills occurring as a result of injuries sustained while participating in the **I-84 Contact Football Camp**. All injury related expenses shall be the responsibility of the participant's parents/guardians.

Parent/Guardian signature: _____ Date: _____