



TITANS 2014 FOOTBALL SKILLS CAMP

TACKLE – HELMETS & SHOULDER PADS

Dates/Time:	July 7th – 11th (8:30 – 12:00 PM)
Cost:	\$149 Session
Players:	For players ages 6-14
Coaches:	Directed by Mitch Beyer and HS Football, JV, Local youth Coaches

Camp Overview

Camp participants will be issued equipment (shoulder pads & helmets) for the 5 days. They will participate in a football specific warm-up each day. Players will select one position for both offense and defense. They will learn the specific techniques, skills, and schemes associated with their positions through individual practice groups and board chalk sessions. Then campers will apply what they have learned in 7 on 7 and team play scrimmages. Finally, the camp will culminate with full 11 on 11 Pro-Bowl style games at the end of the week.

Skill Focus

Team Offense – Passing (spread) Running (tight/power) formations, 7on7 passing and running scrimmages, 11 on 11 scrimmages and games

- **QB** – Handoff/toss footwork and skills, 3 step 5 step drops, Throwing mechanics, Reads
- **RB** – Dives, Tosses, Pass blocking, RB routes, Ball control, Contact position (dive and toss)
- **WR** – Timing routes (short/long), Stalk blocking, Ball control, Reading zone/man coverage
- **OLine** – Run blocking (Drive/angle), Pass blocking, Reading defensive fronts, Snapping

Team Defense – Running (5-3 base man) passing (Cover 1 Cover 3 Zone) formations, 7 on 7 passing and running scrimmages, 11 on 11 scrimmages and games

- **LB** – Gap responsibility, Keys (run/pass), tackling (Squeeze/spill), Coverage (man/zone)
- **DB** – Coverage (man/zone), Keys (run/short pass/long pass), Tackling, Beating stalk block
- **S** – Coverage (cover 1 & 3), Keys (run, short pass/long pass), Tackling
- **DLine** – Gap responsibility, Run stop, Pass rush, Escapes, Fronts, Pursuit angles



Schedule

- **Day 1** – Equipment fitting/handout, Warm-up, Offensive individual skills, Defensive individual skills, Equipment turn-in, Wrap-up
- **Day 2** - Warm-up, Equipment handout, Offensive individuals, Defensive individuals, Chalk talk, Team offense practice, Team defense practice, Equipment turn-in, Wrap-up
- **Day 3** - Warm-up, Equipment handout, Offensive individuals, Defensive individuals, Chalk Talk, Team Scrimmage (Offense & Defense), Equipment turn-in, Wrap-up
- **Day 4** - Warm-up, Equipment handout, Offensive individuals, Defensive individuals, Chalk Talk, Team games (11 on 11 – Pro Bowl rules), Equipment turn-in, Wrap-up
- **Day 5** - Warm-up, Equipment handout, Offensive individuals, Defensive individuals, Chalk Talk, Team games (11 on 11 – Pro Bowl rules), Equipment turn-in, Wrap-up

What to Bring

- Cleats/Sneakers
- Sunscreen
- Workout Clothing (mesh shorts, T-shirt)
- Practice Jersey (to cover shoulder pads)
- Fitted Mouthpiece
- Water (Large Cooler)
- Helmet and Shoulder pads (if the kids have their own)

Inclement Weather

- Light Rain: continue to practice and stay on Turf Field
- Lightning: if the lightning sensor is activated then we will move the athletes to the pavilion and wait for the signal to resume.
- Inclement Weather (fields closed): parents contacted to pick up athletes or that the day's event have been cancelled

Camp will finish each day at 12:00pm; please arrive at 11:55am to pick up your child. The address for the WCWAA park is: 5211 Weddington Road – Weddington, NC 28104. Below is the link to website, if you have any questions. <https://leagueathletics.com/Page.asp?n=87059&org=wcwaa.org>



Who

Mitch Beyer

Born in Buffalo, NY, Mitch Beyer (age 35) has been coaching youth sports for over 16 years. In high school he played multiple sports; football, baseball, track & field, and wrestling. He graduated from St. Bonaventure University in 2001 with a Bachelor of Science degree (K-12) in physical education. In 2003 Mitch moved to Wayne country North Carolina where he taught PE and coached football and baseball for 2 years.

Then in 2005 Coach Beyer transferred to Charlotte, North Carolina where he has taught PE at Jay M. Robinson Middle School for the last 10 years. Beyer has spent 6 seasons as the Robinson Chargers head football coach. In 2009 he led the school to their first conference championship. Then in 2011 the team won their second conference title under Coach Beyer, recording their first undefeated season in school history.

In 2008-2009 Beyer attended Wingate University's School of Sport Science. Here he received a Masters degree in Physical Education and studied advanced teaching/coaching methods. In 2012 Beyer furthered his professional development by receiving the National Board Teaching Certification for Physical Education.

Mitch Beyer is also certified by the American Council on Exercise (ACE) as a personal trainer. He has worked at the Siskey YMCA in Matthews, NC for the past 9 years as a trainer. Here he focuses on personalized sport-specific training programs for athletes of all ages.

Coach Beyer has 4 children and is very active in the community with youth sports. He has been involved with coaching in several local youth organizations; WCWAA, MARA, Siskey YMCA, ITAA, NCYFL, and the Indian Land Wrestling Club. Mitch Beyer is also an active member of the North Carolina Coaches Association.

Education

Bachelors of Science in Physical Education (k-12) – St. Bonaventure University 2001
Masters of Arts in Physical Education – Wingate University 2009
National Board Certification Physical Education – 2012
American Council on Exercise (ACE) – certified personal trainer – 2012
USA Olympic Weightlifting Certified Coach – 2014

Experience

Physical Education/Health Teacher – Middle School - 10 years
Head Coach – Middle School Football 8 years, Baseball 2 years, Track & Field 1 year
Head Coach – youth sports - Baseball, Football, Wrestling -16 years
Personal Training – variety of sports specific training (youth to collegiate) - 8 years
STEM Athlete Training LLC – Co-Founder and Head Trainer – est. 2013

Higher Education Course Work

HPE 531: Sport And Exercise Psychology
HPE 533: Human and Motor Control/Learning in Physical Education and Sport (coaching)
HPE 541: Analysis and Supervision of Teaching in Physical Education and Sport (coaching)
HPE 543: Advanced Foundations of Teaching, Health, PE and Coaching
HPE 551: Nutrition and Exercise Fitness



Andy Kiker

Born in Monroe, NC, Andy Kiker (age 38) has been coaching youth sports for over 8 years. In high school he played track & field, football and was selected to the All-County team. He graduated from Western Carolina University in 1998 with a Bachelor of Science degree in Sport Management. While at WCU, he was the President/Player for the WCU Club Football Team as a member of the North Carolina Club Football Association (NCCFA).

In 1998, Coach Kiker returned home and began working for the Siskey YMCA in Matthews, NC. In 2004, he became certified by the American Fitness Professional Association (AFPA) as a personal trainer and currently from American Council on Exercise (ACE). Here he focuses on personalized sport specific training programs for athletes and personalized training programs for the general public of all ages.

In 2004, Coach Kiker started his coaching career at Old Providence Recreation Association (OPRA) as a defensive coordinator and then a head coach in 2005. Kiker then spent 6 seasons as the defensive coordinator for Jay M. Robinson Middle School. During his time at J.M. Robinson he was also the head coach for the Boys Track & Field team. In 2011, he joined the coaching staff at Providence Day School as the defensive line coach for the JV and Varsity football program. In 2011, PDS won the NCISAA State Championship and in 2012 was the NCISAA State Runner-Up. In March 2014, he joined the coaching staff at West Mecklenburg High School as the JV Head Coach and Varsity/JV Defensive Line Coach.

Andy Kiker is also an active member of the North Carolina Coaches Association (NCCA) and the American Football Coaches Association (AFCA).

Education

Bachelors of Science in Sport Management, Concentration in Athletic Training/Exercise Science – Western Carolina University 1998

American Fitness Professional Association (AFPA) – certified personal trainer – 2004

American Council on Exercise (ACE) – certified personal trainer – 2013

Experience

Head Coach/Def. Coordinator – Old Providence Patriots Football – 2 years

Def. Coordinator – J.M. Robinson Football – 6 years

Head Coach – J.M. Robinson Boys Track & Field – 7 years

Varsity/JV Defensive Line Coach – Providence Day School – 3 years

Varsity/JV Defensive Line Coach – West Mecklenburg High School – 1 year

JV Head Coach – West Mecklenburg High School – 1year

Personal Training – variety of sports specific training (youth to collegiate) – 10 years