

# CELTIC FOOTBALL CAMP

**JULY 12- JULY 16**

Youth football players are encouraged to enroll in the **Providence Catholic Football Camp**. We bring together players from various area programs for an intense yet enjoyable football experience. Celtic head football coach Mark Coglianesse will be the camp director.

This football camp will be for grades 4-8 only! Incoming freshman will have their own training camp beginning June 21st.

The **Providence Catholic Football Camp** will be staffed by the PROVIDENCE CELTICS COACHING STAFF, University of St. Francis' head coach and former Celtic, Mike Uremovich, as well as several alumni college players and top Celtic Varsity players. **Former Celtic and football camper, Eric Steinbach of the Cleveland Browns, plans to be part of the camp again this year.**

The **Providence Catholic Football Camp** has earned a reputation for excellence. All campers will participate in an outstanding learning environment with every session conducted with the same thoroughness that the CELTIC coaches apply to their own practices. We coach fundamentals and technique and drill over 80% of each workout.

The **Providence Catholic Football Camp** will help you in any stage of your football development and prepare you for the next level.

Campers will be grouped according to age and ability. **A certified athletic trainer will be on duty.**

## REGISTRATION AND FEES

Campers may register through the mail by returning the enclosed application and payment payable to: **Mark Coglianesse**

c/o Providence Catholic Athletic Department  
1800 W. Lincoln Highway  
New Lenox, IL 60451

**FUNDAMENTAL CAMP.....\$100**  
**BOTH CAMPS.....\$135**  
(Fee includes: **T-shirt, awards, PCHS athletic pass, and secondary insurance**).

## CAMP REGULATIONS

**Good conduct is expected of all camp participants.** Failure to follow camp rules will result in disciplinary measures. Parents may be contacted to pick up camper if deemed necessary by the director or his staff. The camp is designed to be an enjoyable experience for all campers. **QUESTIONS: Contact Coach Coglianesse at PCHS(815) 717-3150, home (815) 723-8557 or email at mcoglianesse@providencecatholic.org.** The Providence Football Camp attracts campers from some of the best football programs across the southwest suburbs including:

- **New Lenox Mustangs & Jr Knights**
- **Frankfort Falcons & Wildcats**
- **Joliet Titans & Raiders**
- **Homer Stallions**
- **Oak Forest Raiders**
- **Mokena Burros**
- **St. Michael's Wildcats**
- **Orland Pioneers, Knights & Wolves**
- **Tinley Park Bulldogs**
- **Palos Stars & Lightning**
- **Chanooka Braves**
- **Morris Warriors**
- **Lemont Hornets and others!**

Many campers return year after year. Come join your friends and possible future teammates and see what **CELTIC FOOTBALL** is all about.

# 2010 PROVIDENCE CATHOLIC FOOTBALL CAMP



## ***CHAMPIONS START HERE***

### **GRADES 4TH—8TH**

### **JULY 12 - JULY 16**

## FUNDAMENTAL CAMP

**9:00am—12:00pm**

Basic fundamentals and individual position skills will be covered. All players will be taught both an offensive and defensive position of their choice. There will be videos and drills covering various techniques of running, blocking, receiving, passing, tackling, along with an introduction to weight training.

### LUNCH 12:00pm—12:30pm

Those attending both camps may bring a small cooler with drinks and a lunch or snack. Again this year, campers will be able to purchase **Aurelio's Pizza** and pop for lunch on **Tuesday, Wednesday and Thursday.** Orders will be taken in the morning and distributed at lunch. Gatorade and water will also be available for purchase throughout the day.

## 7 on 7 PASSING CAMP

**12:30pm—2:00pm**

This camp is designed for the positions of quarterback, running back, receiver, tight-end, defensive end, linebacker, and defensive backs. There will be no lineman, blocking, or tackling. This camp will emphasize the passing game versus a variety of man and zone pass coverage. Players will use the techniques learned in the fundamental camp and apply them in a touch football game situation. This is where the campers have the most fun. They get to compete and show their skills in a touch football style game. **You must participate in the fundamental camp to be in the 7 on 7 camp.**

## TYPICAL DAY

### Fundamental Camp

8:45am Arrival/Check-in  
9:00am Punt Pass and Kick  
9:10am Cals and Stretching  
9:30am Running Skills  
9:45am Position Teaching/Drills  
11:00am Film Study/Contests/Drills  
11:30am Position Teaching/drills  
12:00pm Break/Lunch

### 7 on 7 Passing Camp

12:30pm Offense/Defense selection  
12:45pm 7 on 7 Team Play on fields

**(Monday through Thursday only!)**

## EQUIPMENT

Shorts, t-shirts and football spikes are recommended. Quarterbacks who use a special football for their league may bring it.

## AWARDS & COMPETITION

Individual awards will be given for each grade level for the following competitions: Punt, Pass, Kick, 40 yard dash and obstacle course. Position awards, Hustle awards, and 7 on 7 awards will also be given.

**Awards will be given for both camps on Friday, July 16th at 11:00 am.**  
**ALL CAMPERS ARE DONE AT 12:00 noon on FRIDAY!**

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**PCHS FOOTBALL CAMP APPLICATION - 2010**  
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NAME \_\_\_\_\_ AGE \_\_\_\_\_ GRADE(FALL'10) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMERGENCY# \_\_\_\_\_

YOUTH TEAM \_\_\_\_\_ GRADE SCHOOL \_\_\_\_\_

HEIGHT \_\_\_\_\_ FT \_\_\_\_\_ IN \_\_\_\_\_ WEIGHT \_\_\_\_\_ LBS

SHIRT SIZE (adult sizes only) S M L XL (circle one)

FUNDAMENTAL CAMP \_\_\_\_\_ \$100 BOTH CAMPS \_\_\_\_\_ \$135 (check one)