

# GHS Football Camp

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## OUR MISSION

*The mission of this camp is to teach basic fundamentals, skills, drills, and techniques within the game of football. Individual time will be spent with each player, as well as, instruction based on age and level of play. The values of life such as discipline, hard work, teamwork, trust and loyalty will be stressed. Each camper will be given an opportunity to learn the game of football while having fun doing so. Skills will include but are not limited to the following:*

- *Stance*
  - *Footwork*
  - *Blocking*
  - *Tackling*
  - *Passing*
  - *Catching*
  - *Speed & Conditioning*
  - *Specifics to each position*
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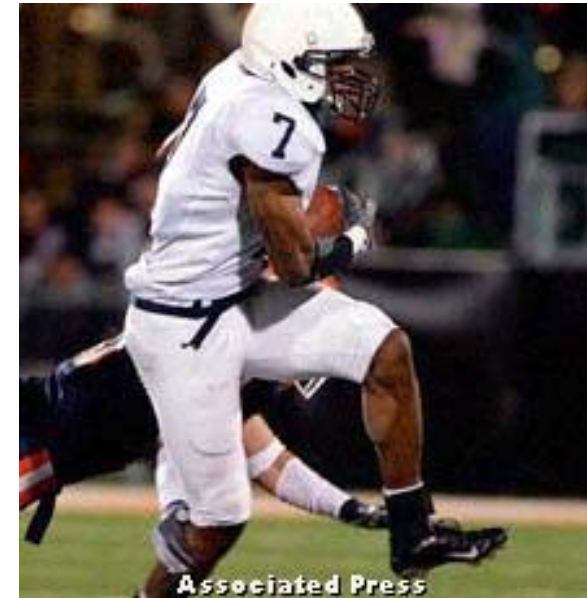
## 2008 CAMP STAFF

**Terry Smith**, Head Coach Gateway High School  
Professional Career: Washington Redskins, Toronto Argonauts, Shreveport Pirates, Albany Firebirds  
Collegiate Career at Penn State: 3-Year starter, 4-Year Letter Winner, 1991 Team Captain, 1991 Team MVP, 5th all time catches, 6<sup>th</sup> all time yards, selected to play in Japan Bowl, Heisman Trophy candidate. High School Career at Gateway: Played QB, 2 time WPIAL Champions, Dapper Dan Roundball Classic, Big 33  
Previous Coaching: Offensive Pass Coordinator, Duquesne University; Defensive Pass Coordinator, Hempfield High School; Coached 9 athletes to the U.S. Jr. Olympic National Track Championship 2001. Member of The Gateway Sports Hall of Fame.

\*\* The Camp Staff will also include a number of top high school coaches, collegiate players, and a number of Gateway High School Football Players past and present.

GHS Football Camp  
Gateway High School  
C/O Terry Smith  
1000 Gateway Campus Boulevard  
Monroeville, PA 15146

# 7th Annual GHS Football Camp



**Featuring 2008 NFL Player  
Justin King of the  
St. Louis Rams  
at  
Gateway High School  
June 9 – 12, 2008**

## GHS FOOTBALL CAMP

The GHS Football Camp for athletes entering grades 3 – 8 will be held June 9 – 12, 2008 on the campus of Gateway High School. Terry Smith, Head Football Coach at Gateway High School will direct the camp, which will be four days of instruction on all phases of the game.

The goals of this camp will be to teach skills, techniques, and adjustments needed to be a successful football player at the high school and collegiate level. On field practice sessions will be held daily.

### COLLEGE & HIGH SCHOOL PLAYERS

#### *Jordan Stevens*

Miami, OH University

#### *AARON SMITH*

University of Pitt

#### *David Williams*

Michigan State University

#### *Jon Ditto*

Penn State University

### NFL PLAYER

#### *Justin King*

#### *AND OTHERS*

#### *COST*

The cost for this camp is \$90. This cost includes a Camp T-shirt and instruction for the week. Make cashiers checks or money orders payable to GHS Football Camp.

Return completed registration and payment to:

GHS Football Camp  
Gateway High School  
C/O of Terry Smith  
1000 Gateway Campus Boulevard  
Monroeville, PA 15146  
412-373-5750

### MONDAY JUNE 9<sup>th</sup>

7:45 – 8:30 REGISTRATION  
8:30 – 8:45 RULES & REGULATIONS  
8:45 – 9:00 GUEST SPEAKER  
9:00 – 11:45 POSITION PRACTICE  
11:45 – 12:00 CAMP CLOSEOUT MEETING  
12:00 DISMISSAL

### TUESDAY JUNE 10<sup>th</sup>

8:00 – 8:30 REPORT  
8:30 – 8:45 GUEST SPEAKER  
8:45 – 9:00 STRETCH/AGILITIES  
9:00 – 11:45 POSITION PRACTICE  
11:45– 12:00 CAMP CLOSEOUT MEETING  
12:00 DISMISSAL

### WEDNESDAY JUNE 11<sup>th</sup>

8:00 – 8:30 REPORT  
8:30 – 8:45 GUEST SPEAKER  
8:45 – 9:00 STRETCH/AGILITIES  
9:00 – 11:45 POSITION PRACTICE  
11:45– 12:00 CAMP CLOSEOUT MEETING  
12:00 DISMISSAL

### THURSDAY JUNE 12<sup>th</sup>

8:00 – 8:30 REPORT  
8:30 – 8:45 GUEST SPEAKER  
8:45 – 9:00 STRETCH/AGILITIES  
9:00 – 11:45 POSITION PRACTICE  
11:45– 12:00 CAMP CLOSEOUT MEETING  
12:00 DISMISSAL

The camp will be conducted at Gateway High School in Monroeville, PA: Located off Route 48, Mossie Boulevard.

#### *WHAT TO BRING*

- SPIKES
- TOWEL
- WATER JUG/BOTTLE
- WORK OUT CLOTHES (T-SHIRT, SHORTS, SOCKS)



## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_

Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Position: Off \_\_\_\_\_ Def \_\_\_\_\_ Spec \_\_\_\_\_

Name of Insurance \_\_\_\_\_

Policy # \_\_\_\_\_ Group # \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone \_\_\_\_\_ - \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

T-shirt Size (circle one):

KIDS S M L  
ADULT S M L XL XXL XXXL

### PARENT/GUARDIAN WAIVER

I realize injuries can be a consequence of participation in this activity and no amount of reasonable supervision or use of the facility will prevent injury. I have carefully considered how the possible consequences of injury may impact my child's life, and I choose to accept this risk and allow him/her to participate in the designated activity.

In accepting this risk, I expressly and explicitly release, discharge and waive any and all responsibility of Gateway High School, Pennsylvania's State System of Education, the Commonwealth of PA, and employees, officials or agents of any and all of the foregoing, pursuant to, or pertaining or related to, or arising from, in any manner, injuries to my child as a result of his/her participation in this activity.

By my signature below, I certify that I completely understand this document.

Signature \_\_\_\_\_

Date \_\_\_\_\_