



THE ST. JOHN'S



FOOTBALL CAMPS

Due to increasing popularity, St. John's now offers four different sessions, each with its own unique purpose. Details are on the reverse side.

The St. John's Football Camps are proud to be sponsored by **Under Armour**



All campers receive an **Under Armour Camp Shirt** with their enrollment!

⊙ **All-Purpose All-Talent Camp (\$155)**

- * Open to 6th through 9th graders
- * June 16 - June 20 (Monday thru Friday) 9 a.m. to 3 p.m.

⊙ **Big Man Camp (\$155)**

- * Open to 6th through 9th graders
- * June 23 - June 27 (Monday thru Friday) 9 a.m. to 2 p.m.

⊙ **Skills Camp (\$155)**

- * Open to 6th through 9th graders
- * June 23 - June 27 (Monday thru Friday) 9 a.m. to 2 p.m.

⊙ **All-Grade Level Camp (\$155)**

- * Open to 3rd through 8th graders
- * July 14 - July 18 (Monday thru Friday) 9 a.m. to 3 p.m.

Please contact:
Coach Joe Patterson
 Head Varsity Football Coach
 (202) 380-1711
 joepa001@yahoo.com

Send payment and application to:
 St. John's College High School
 Coach Patterson
 2607 Military Road, NW
 Washington, DC 20015

There is a \$20 discount if a camper attends more than one week of camp.

Group Rates are available for any group of three or more campers.

Aftercare supervision is available until 5 p.m. for an extra \$15 a day.

St. John's Football Camp Application Form

Name (last, first):
 Home Address:
 City, State, Zip:
 Home Telephone:
 Parent's Work #:
 School (as of Sept. 2008):
 Grade (as of Sept. 2008):
 Which Session? (Circle all that apply):
 All-Purpose (June 16-June 20)
 Big Man Camp (June 23-June 27)
 Skills Camp (June 23- June 27)
 All-Grade (July 14-July 18)

Please initial _____.
 By placing my initials here, I authorize enrollment and submit that my child is physically fit to participate in strenuous athletic activity and waive the St. John's Football Camp, its director, staff, or employees from and against any injury, recurrence of any undisclosed pre-existing injury or illness prior to the first day of the session, and all liabilities or causes of action arising out of or in conjunction with my child's participation in this camp.

Emergency information—In case a parent cannot be contacted, please provide the following information.

Person to contact:
Telephone #:

Relation to Camper:
Comments:

I give my consent and approval to the St. John's Football Camp, its director, staff, or employees to act on my behalf in obtaining emergency medical attention for the above camper from a licensed hospital or physician.

Parent's Signature:
Date:

Insurance Company:
Policy Number:

Amount enclosed: _____



THE ST. JOHN'S



FOOTBALL CAMPS

All-Purpose All-Talent Camp

June 16-June 20

Monday thru Friday -- 9 a.m. to 3 p.m.

This is an intense camp with instruction from the St. John's varsity football staff. The camp will also include hands-on demonstrations from top varsity players. Campers will use the St. John's facilities, including the field, the track, the weight room, and the film room.

Instruction will be given regarding each position on the field, including the most up-to-date drills. Campers will also spend time watching film. Instruction in dynamic warm-ups, agility training, and similar performance-enhancing exercises will be offered by the St. John's football staff, which includes a former Division-I track athlete.



Big Man Camp

June 23-June 27

Monday thru Friday -- 9 a.m. to 2 p.m.

St. John's has a reputation for turning out top linemen on both sides of the ball. Aside from the four recent NFL linemen to come out of St. John's, the Cadets have produced several First-Team All-Met players who have gone on to have successful college careers. One of those stars was Pat Ward, a four-year starter at the University of Maryland, who is now the primary instructor at the St. John's Big Man Camp. Coach Ward, who has been a member of the St. John's varsity staff for ten years, joins with the other St. John's coaches in bringing a complete instructional package to young linemen.

The camp will include the latest drills, explosive exercises, agility work, and flexibility exercises. The campers will utilize the St. John's equipment, which includes two lev sleds, chutes, heavy bags, shiver balls, and much more.

The key to success on the line is the knowledge of fundamentals. The St. John's staff will make certain that the campers get full instruction for both offensive and defensive line during this intense camp.

Skills Camp

June 23-June 27

Monday thru Friday -- 9 a.m. to 2 p.m.

The SJC Skills Camp focuses on maximizing the athletic potential of running backs, receivers, quarterbacks, linebackers and defensive backs. Campers will be given the necessary fundamentals to truly develop their game.

Given the increasingly competitive nature of high school sports, the Skills Camp gives the players a jumpstart by focusing on speed and agility. A former college sprinter will take the players from the ground up in regard to the 40-yard sprint and other standard combine tests. The latest agility exercises will also be taught.

Instructors will focus on drills specific to each position. The staff will foster teamwork and self-confidence through a healthy, competitive environment. The goal is that each camper will leave camp with a better understanding of the game—and thus be better able to enjoy the game of football.

All-Grade Level Camp (Grades 3 through 8)

July 14-July 18

Monday thru Friday -- 9 a.m. to 3 p.m.

This is an intense camp designed for campers from the third grade through the eighth grade. Campers will be grouped according to age to maximize efficiency.

Instruction will be provided by the St. John's varsity football staff. The camp will also include hands-on demonstrations from top varsity players.

Similar in structure to the All-Purpose, All-Talent Camp, instruction will be given regarding each position on the field, including the most up-to-date drills. Campers will also spend time watching film. Instruction in dynamic warm-ups, agility training, and similar performance-enhancing exercises will be offered by the St. John's football staff, which includes a former Division-I track athlete.