

## REGISTRATION

Camper's Name \_\_\_\_\_

Grade: 5TH 6TH 7TH 8TH

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip code \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_

Email address \_\_\_\_\_

Adult T-shirt size: S M L XL XXL

### Medical/civil liability release form

I, \_\_\_\_\_ legal guardian of \_\_\_\_\_ authorize Brophy College Preparatory Speed Camp and all those associated with the camp to administer first aid treatment for any minor injuries received by my child during the camp. If the sustained injury is life threatening or requires emergency treatment, I authorize Brophy College Preparatory Speed Camp or its representatives to summon any or all professional emergency personnel to attend, transport and treat my child. If the sustained injury required hospitalization, I understand that I, or my medical insurance company, am solely responsible for all bills and claims that may be filed as a result of the injury. I also agree to maintain health insurance for my child while participating in this camp.

Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

Daytime phone # (\_\_\_\_\_) \_\_\_\_\_

Cost: **\$45.00 per player (scholarship and group rates are available)**

**\$45.00 per player if forms are received by May 17, 2009**

**\$60.00 per player if forms are received after May 17, 2009**

For more information regarding camp please contact James M. Allen at [james@gazcoo.com](mailto:james@gazcoo.com) or 602-561-3173.

Make checks payable to: Brophy Football

Mail to: Brophy Football

ATTN: James M. Allen

365 E Coronado Road, Suite #150

Phoenix, AZ 85004

## Brophy College Preparatory

### School Mission:

Brophy is a private, Jesuit, Catholic, college preparatory that is committed to the belief that all creation is a reflection of God's love and presence which demands a passionate and generous response from the entire community.

We are dedicated to students of all socioeconomic backgrounds who have the potential and desire to maximize their God-given gifts. By creating an atmosphere for academic, emotional and spiritual growth, Brophy College Preparatory develops critically thinking, articulate, sensitive and aware students with a strong sense of self-worth. Through the process of nurturing the soul, Brophy offers these students an intimate relationship with God and inspires leaders who are devoted to the service of others in a global community.

For more information on attending Brophy contact:

### Director of Admissions

Mr. Michael T. Ward

[mward@brophyprep.org](mailto:mward@brophyprep.org)

602-264-5291 ext. 6357

### Athletic Director

Mr. John Chambers

[jchambers@brophyprep.org](mailto:jchambers@brophyprep.org)

602-264-5291 ext. 6224

### Head Football Coach

Mr. Andrew "Scooter" Molander

[amolander@brophyprep.org](mailto:amolander@brophyprep.org)

602-264-5291 ext. 6280



**2005 & 2007 5A Division 1**

**State Football Champions**

## Brophy Football

Speed, Skills & Strength Camp

**May 27 & 28, 2009**

**4:00 pm to 8:00 pm**

### Camp Features:

- Speed Development
- Quickness Development
- Agility Training
- Jumping/Explosion Development
- Improve Balance & Coordination
- Proper Weight Training
- Improve Self Confidence
- Proper Nutrition

# Brophy Football

## Speed, Skills & Strength Camp

Welcome to the Brophy Football Speed Camp.

This camp is designed for student athletes who are entering 5th, 6th, 7th or 8th grades. All skill levels are welcome.

The camp staff is dedicated to improve sport performance, speed fundamentals, body balance, proper nutrition, proper strength training along with work ethic and mental discipline.

Our goal is not only to improve overall athletic performance, but to make this camp a positive, character building, attitude changing experience.

**Parents are encouraged to attend!**

### Camp Location:

Brophy Main Campus  
4701 N. Central Ave  
Phoenix, AZ 85012

### Schedule:

4:00 - 4:30 Check-in (North Parking lot)  
4:30 - 8:00 Camp



**Training will include introduction to the following:**

### DAY 1

#### Nutrition

- **Introduction to Proper Nutrition**
- **Making Healthy Choices**
- **Water, Water, Water**

#### Speed Development

- **Sprint Mechanics**
- **Mechanics of the first step**
- **Acceleration Development**

#### Quickness Development

- **Quick Foot Drills**
- **Lateral Quickness**
- **Starting and Stopping**

### DAY 2

#### Agility Training

- **Balance Training**
- **Change of Direction**
- **Body Control**

#### Explosion Development

- **Pyometrics**
- **Explosion Maneuvering**
- **Jumping Mechanics**

#### Weight Training

- **Proper technique**
- **Core Stabilization**
- **Introduction to the Weight Room**

## Camp Instructors

Brophy Football Coaching Staff and Players  
**2005 & 2007 5A Division 1  
State Football Champions**

Including:

**Scotter Molander**  
Brophy Head Football Coach  
2005 & 2008 Head Coach of the Year

**Gary Galante**  
Brophy Defensive Coordinator,  
2007 Assistant Coach of the Year  
Certified Strength & Conditioning Specialist

**Bill Kalkman**  
Brophy Offensive Coordinator  
Head Track Coach

**James Allen**  
Brophy Defensive Line Coach

**Scott "YD" Heideman**  
Brophy Linebackers Coach

**Chris White**  
Brophy Head Athletic Trainer

### What to bring to camp both days?

Athletic shoes  
Football Cleats  
Water bottle  
Positive Attitude

### Contact information

James Allen  
Phone: (602) 561-3173  
E-mail: james@azcolaw.com  
Web: www.brophyprep.org  
www.brophyfootball.org