

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 (group rates are available)

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

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

For more information regarding camp please contact James M. Allen at allen@gmazlaw.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 socio-economic 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
602-264-5291 ext. 6357

Athletic Director

Mr. John Chambers
jchambers@brophyprep.org
602-264-5291 ext. 6224

Head Football Coach

Mr. Andrew "Scooter" Molander
amolander@brophyprep.org
602-264-5291 ext. 6280



*2005 & 2007 5A Division 1
State Football Champions*

Brophy Football

Speed, Skills & Strength Camp

- May 30, 2009
- 8:30am—4:30pm
- Camp Features:

Speed/Quickness

Development

Agility/Strenght

Training

Jumping/Explosion

Development

Improve Balance &

Brophy Football
Speed, Skills & Strength Camp

Welcome to the One Day Brophy Football Speed Camp. This camp is designed for student athletes who are currently in 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:

8:00 - 8:30 Check-in (North Parking lot)
8:30 - 4:30 Camp
12:00 - 1:00 Lunch will be provided



The Camp will include introduction to the following:

Speed Development

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

Quickness Development

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

Agility Training

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

Explosion Development

- **Plyometrics**
- **Explosion Maneuvering**
- **Jumping Mechanics**

Weight Training

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

Nutrition

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

Camp Instructors

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

Including:

Scooter 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 "JYD" Heideman
Brophy Linebackers Coach

Chris White
Brophy Head Athletic Trainer

What to bring to camp?

Athletic shoes
Football Cleats
Water bottle
Positive Attitude

Contact information

James Allen
Phone: (602) 561-3173
E-mail: allen@gmazlaw.com
Web: WWW.BROPHYPREP.ORG
www.brophyfootball.org