

**Southwest Baptist  
University's**

**2010 Bearcat  
Football Camp**



**Individual Skills Camp  
June 12<sup>th</sup>**

Open to anyone entering the 9<sup>th</sup>  
through 12<sup>th</sup> grade.

**SBU Football Camp  
1600 University Ave  
Bolivar, MO 65613**



**KEITH ALLEN FOOTBALL CAMPS APPLICATION**

**COMPLETE, DETACH AND RETURN WITH \$15.00 PAYMENT TO:** SBU Football, c/o Football Camp, 1600 University Ave, Bolivar, MO 65613. For further information contact Mark Boyle at: (417) 328-1498

**Deadline: June 1, 2010**

Please mark the Camp attending:  Individual Skill Camp

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ High School: \_\_\_\_\_  
City: \_\_\_\_\_ St: \_\_\_\_\_ ZIP: \_\_\_\_\_ Offense: \_\_\_\_\_ Defense: \_\_\_\_\_  
Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Upon receipt of application and payment, a safety form and camp details packet will be mailed to you for the athletes and parents to sign, which must be on file prior to participation in the camp(s).

**The Southwest Baptist University Football staff will give personal instruction on individual techniques and fundamentals. This camp is available to any student athlete that is entering 9th grade through 12th grade. Grades 9-12.**

## **INDIVIDUAL SKILL CAMP**

### **Skill Testing**

- **40yd Dash**
- **Vertical Jump & Standing Broad Jump**
- **225lb./ 185lb. Bench Repetition Max**

### **Offense/ Defense Techniques &**

### **Fundamentals**

- **Individualized Instruction**
- **Skill & Drill Challenges**

### **T-Shirt & Lunch Provided**

**Cost:** \$15 per student athlete

### **What To Bring:**

Each camper should bring his/her own work out gear and cleats. Individuals should bring their own athletic/medical tape and bandages for wrapping knees, ankles, etc. The Camp is prohibited from furnishing any football equipment.

## **CAMP SCHEDULE:**

10:30 AM Registration at Field House  
11:15 AM Camp Meeting, Head Coach  
11:30 AM Dynamic Warm Up  
11:45 AM Skill Testing, SBU Coaches  
1:00 PM Lunch  
1:45 PM Dynamic Warm Up  
2:00 PM Offensive and Defensive Instruction  
3:30 PM Camp Concludes, Head Coach

## **2010 CAMP STAFF:**

Keith Allen: Head Coach  
Mark Boyle: Camp Director / DL  
J.C. Dawkins: OC/ Wide Receivers  
Zach Wilkerson: DC / Linebackers  
Ben Blake: Offensive Line  
Robert Clardy: Quarterbacks  
Tracy Hayworth: Defensive Line  
Jeff Finnell: Running Backs  
Darnell Walker: Defensive Backs

**For more information contact: Coach Boyle  
(417) 328-1498 E-mail: [mboyle@sbuniv.edu](mailto:mboyle@sbuniv.edu)**