



IOWA VALLEY FOOTBALL CAMP



ENROLLMENT

Any student entering grades 3-8
in August of 2015

SCHEDULE

Wednesday, August 5th through **Friday**, August 7th
9:30 a.m. – 10:45 a.m.

STAFF MEMBERS

Staff members will consist of Iowa Valley Varsity/Jr. High Coach Staff
and Varsity players of the Iowa Valley Football Team.

CAMP FEATURES

Daily instruction, lectures and demonstrations on the fundamentals of football to include
tackling and blocking to avoid injury, as well as ball handling skills. Learned skills will be
put to use in a flag football competition the last day of the camp.
Participants receive a Camp T-Shirt.

CAMP FEE

\$30.00 per athlete, unless siblings,
then \$25.00 each.

LOCATION

The camp will be held at the Iowa Valley Elementary (High School Practice Field).

Please return with full payment

Registration may be returned to... Camp Fees: \$30, on or before 8/5/15

Coach Dan Sovers

**359 East Hilton Street
Marengo, Iowa 52301**

(Two or More Siblings.....\$25.00 each)

Make checks payable to: Iowa Valley Community Schools

Name _____ Grade in School (**August 2013**) _____ Home Phone _____

Circle T-shirt Size: ADXL ADL ADM ADS YL YM YS

Extra T-Shirts (\$10 each): ADXL ADL ADM ADS YL YM YS

Parents Release and Indemnity Agreement

We (or I) hereby request that you accept the application of our (my) child in the 2015 Iowa Valley Football Camp. We (or I) hereby release the School Board of Iowa Valley and the Iowa Valley Football Camp staff from all sustained by our (my) child while attending or traveling to and from the Iowa Valley Football Camp. We (or I) also agree to indemnify the Iowa Valley School Board and the Iowa Valley Football Camp staff for any claims which may hereafter be presented by our (my) child as a result of any such injury.

Parent or Guardian's Signature _____ **Date** _____



<u>Day 1:</u>	<u>Agenda</u>	<u>Notes</u>
1:00-2:50	Check-In/ National Guard Tour	NATIONAL GUARD
3:00-3:10	Stretch/ Flex	
3:10 PM	Team Practice #1	FULL
5:15	WBND vs NC Scrimmage	
5:15	Iowa Valley Leadership Reaction Course (8 stations)	NATIONAL GUARD
6:00	WBND/NC Dinner	NATIONAL GUARD
7:00	Iowa Valley Dinner	
7:30	Team Bonding	Movie/ Other
10:00	LIGHTS OUT	Coaches Social
Day 2:		
6:00	WAKE-UP	NATIONAL GUARD
7:00	Breakfast	FALCON TD CLUB
8:50	Strech/ Flex	FULL
9:00 AM	Team Practice #2	
10:30	Inside Run/ WR vs. DB 1 on 1's (All Teams)	FULL
11:00	North Cedar Leadership Reaction Course (8 stations)	NATIONAL GUARD
11:00	WBND vs IA Valley Scrimmage	
11:45	WBND & Iowa Valley Lunch/ Down Time	NATIONAL GUARD
12:35	North Cedar Lunch/ Down Time	NATIONAL GUARD
2:30	Stretch/ Flex	
2:45	Team Practice #3	FULL
4:15	DRINK	
4:20	Skelly/ OL vs. DL 1 on 1's (All Teams)	
4:50	North Cedar vs. Iowa Valley Scrimmage	
4:50	WBND Leadership Reaction Course (8 stations)	NATIONAL GUARD
5:30	North Cedar & Iowa Valley Dinner	
6:30	WBND DINNER	Catered in via Falcon TD Club
7:30	WBND/NC: Team Bonding (Paintball- if possible)	
9:00	Free Time	
10:00	Lights Out	
Day 3:		
5:30	WAKE-UP	ARMY NATIONAL GUARD
6:30	Breakfast	ARMY NATIONAL GUARD
8:00	Team Building (no water)	ARMY NATIONAL GUARD
9:00	Team Practice #4	FULL
9:45	"KING OF DODGE"/ Red-Zone (All Teams)	
10:45	TEAM PREP	
11:00	Check Out	
4:00	Arrive back to WBHS	

Sheet1

Sheet2

Sheet3

Packing List for Camp Dodge

Dates- Bus departs 10:00am on Sunday, August 2nd

(Players need to be in Mr. Sovers' room, with their baggage by 9:15 am)

Bus returns to the high school at 4:00 pm on Tuesday, August 4th

Players will need:

A) Signed parental consent form

B) Signed minor consent form

C) At least 3 sets of shirts/shorts/socks/underwear that is suitable for physical activity (football practice, weight lifting etc . . .) Players may bring more if they feel they will want to change due to perspiration through out the day, but they must have a minimum of 3 sets. No one will wear the same work out clothes two days, as this is not in the best interest of the player's health. Sweat shirts might be a good idea in case of a chilly evening, but it's August, so that's an individual choice.

D) 1 pair tennis shoes suitable for running

E) 1 pair of football cleats

F) 1 set of sleep wear (pajamas, t-shirt/shorts that HAVE NOT been worn during work-outs, etc . . .)

G) Bathing Suit

H) Towel (more than 1 is fine, but only 1 is required)

I) 20-30 dollars for meals not provided by Camp Dodge. We will eat 3 times during the day, but Camp Dodge is only paying for 1 of these meals. The others we will have catered from Hy Vee, subs etc . . . at a deferred cost to the athlete. MRE's (field meals) will be made available free of charge if the athletes want to try them, but they will not be required any way to eat these. (Although I hear the new ones are pretty good!)

J) One Hygiene kit to include:

 Tooth Brush

 Tooth Paste

 Deodorant

 Shampoo

Soap and shampoo will be provided, within the shower facilities, but if a specific brand of either is preferred, feel free to bring them.

Include in the hygiene kit anything else needed to sustain the health and well being of the athlete (zit cream, moth wash, floss) etc . . .

****Athletes will be asked to give their cell phones/electronic devices (if they bring them) to the coaches when the board the bus. This is occurring for two reasons:**

- 1) The security of these electronic devices. We will be moving around a lot, and the coaches do not want to see any of these cell phones damaged or lost.
- 2) We are attempting to come together as a team, and this requires the limiting of all external distractions. Athletes will be allowed access to their cell phones in the evenings (if they earn that privilege) and the phones will be returned to them as soon as we pull into the alley by the school locker rooms in Marengo. Again, we are attempting to focus these athletes on themselves, their responsibilities, and their teammates in order to form a cohesive unit and teach them the value of being a member of a team; working as a team towards a purpose higher than themselves.

*****I will have my phone on me at all times (319-530-1643) and Camp Dodge will have a contact number as well (which they haven't given me yet, but I will certainly release to you as soon as they give it to me). As well, photos and updates will be posted on the Iowa Valley Football Facebook page (Dan Sovers is the page name) to allow you to see what the athletes are doing during their time at Camp Dodge.**

At no time will the athletes be unsupervised by the coaches and/or the Camp Dodge staff, and a full medical team is always on duty on the base.

Thank you for allowing your young man to experience this event. I feel that it will not only allow us to come together as a team, but allow your son to learn and grow as individuals as well.

If you have any questions and/or concerns, do not hesitate to contact me at:

Cell- (319) 530-1643

e-mail- tigerteacher66@gmail.com

**IOWA NATIONAL GUARD
ADULT RELEASE OF LIABILITY**

Event: _____

Location: _____

Date(s): _____

I release the State of Iowa, Iowa National Guard, and the Government of the United States and all their officers and agents, acting officially, from any and all claims, demands, actions, or causes, which may occur by reason of my participation in the above designated event. This release does not waive any statutory right conferred by act of Congress or the Legislature of the State of Iowa.

Name

Date

**IOWA NATIONAL GUARD
PARENT/GUARDIAN RELEASE OF LIABILITY
FOR A MINOR**

Event: _____FOOTBALL CAMP_____

Location: _____CAMP DODGE, JOHNSTON, IA_____

Date(s): _____AUG 2-4, 2015_____

As parent/guardian of _____, a minor, I hereby consent to his or her participation in the above-designated event. I release the State of Iowa, Iowa National Guard, and the Government of the United States and all their officers and agents, acting officially, from any and all claims, demands, actions, or causes, which may occur by reason of the participation of _____ in the above designated event. This release does not waive any statutory right conferred by act of Congress or the Legislature of the State of Iowa.

Parent/Guardian

Date