

## CAMP REGISTRATION

### REGISTER ONLINE

For faster, easier registration, complete your application online at [www.ayfl.org](http://www.ayfl.org)

### PAYMENT

Registration options are as follows:

- Thru April 17th \$299/camper
- April 18th thru May 15th \$329/camper
- May 16th thru July 17th \$399/camper

Payment options are available or go to [www.ayfl.org](http://www.ayfl.org) for more information.

### AYFL will provide:

- Practice Jersey (provided at the camp)
- Helmet & Shoulder Pads

## EQUIPMENT

### EQUIPMENT PICKUP

AYFL will provide shoulder pads and helmets. Lines at equipment pickup on the first day of camp will be very long. If you have the availability we suggest that you try to come to one of the early equipment pickup dates listed below:

- Friday, July 24th from 6pm to 8pm
- Saturday, July 25th from 9am to 12pm

These events will be located at our Equipment Facility located at **44642 Guilford Drive, Suite 111, Ashburn, VA 20147**. Dates and times are subject to change.

### Players need to provide the following:

- Cleats
- Mouth Piece
- Athletic Shorts
- T-shirt
- 7 Piece Pad and Pant Set
- Athletic Supporter and Protective Cup

### Optional Equipment includes the following:

- Football Gloves
- Extra Pads (Elbow Pads, Forearm Pads, etc.)

### iPods, Cell Phones and Other Electronic Gear

Your child is welcome to bring these to camp. However, AYFL will not be held responsible for lost, stolen or damaged items.

# BEING ELITE STARTS WITH HARD WORK

### FORMAT

AYFL ELITE Football Camp is an instructional football camp that combines practice drills and station work with recruiting and real in-game experience. Campers are placed according to ability, size, and/or skill level in order to provide the most competitive and enriching environment for each camper. Each full day features two active football sessions along with instructional talks from coaches and staff.

### A TYPICAL DAY

1st SESSION: OFFENSE		
1	7:30 to 7:50	Team Flexibility / Warm-up
2	7:50 to 8:10	Individual – Position
3	8:10 to 8:30	Unit Drills and Instruction
4	8:30 to 8:50	Team
	8:50 to 8:55	Transition / Water
5	8:55 to 9:15	Individual Position
6	9:15 to 9:35	Unit Drills and Instruction
7	9:35 to 10:00	Team
	10:00 to 10:30	Rest / Film / Review
2nd SESSION: DEFENSE		
1	10:30 to 10:50	Team Flexibility / Warm-up
2	10:50 to 11:10	Individual - Position
3	11:10 to 11:30	Unit Drills and Instruction
4	11:30 to 11:50	Team
	11:50 to 11:55	Transition / Water
5	11:55 to 12:15	Individual – Position
6	12:15 to 12:35	Unit Drills and Instruction
7	12:35 to 12:55	Team
	12:55 to 1:15	TEAM BUILDING

### CAMP CHECK-IN AND CHECK-OUT

- Check-in each day will be at 7:15am
- Check-out will be approximately 1:30pm
- Times are subject to change.

*If inclement weather closes camp early then parents will be notified. All campers should utilize the specified drop-off / pick area defined on the Facilities Map.*

### RATIO

The typical camper to counselor ratio at AYFL ELITE Football Camp is approximately 10:1.

### AYFL ELITE FOOTBALL CAMP

AYFL P.O. Box 634  
Ashburn, VA 20146-0634  
Phone: 703-999-9705



# AYFL ELITE FOOTBALL CAMP

SPONSORED BY NIKE®

A **Full Contact Football Camp** featuring Coaching staffs from Broad Run, Briar Woods, John Champe, Rock Ridge and Stone Bridge High Schools as well as former NFL and college standouts.

*Formerly AYFL Shawn Springs Full Contact Camp*

## WRITE THE FUTURE



*Location*  
Briar Woods High School  
July 27-30, 2015

*Hosted by*  
Ashburn Youth Football League

*Directed by*  
Coach Charlie Pierce,  
Briar Woods HS

Coach Matt Griffis,  
Broad Run HS

Coach Jason Dawson,  
John Champe HS

Coach Tony Tallent  
Rock Ridge HS

Coach Mickey Thompson,  
Stone Bridge HS

## DOS & DON'TS

To ensure that camp runs efficiently and effectively we ask that the following protocols be followed:

- Do...have your child at camp on time each day.
- Do...utilize the Drop Off areas and assigned parking for parents.
- Do...ask questions of camp staff during camp or coaches after camp closes each day.
- Do...encourage your kids to learn and HAVE FUN!
- Do not engage Players or Coaches for autographs during the camp sessions. There will be time for this at the end of each day or at Camp Closing ceremony.
- Do not park in the Coaches/Staff parking area.
- Do not come out onto the field during sessions or when players are on water breaks.



## WHAT DOES "ELITE" MEAN?

**E : (Maximum) EFFORT.** Our coaches focus on ensuring that attendees learn how to give maximum effort at their craft. Football, unlike other sports, asks you to give your most when you are physically and mentally at your max...it is physically, emotionally and mentally challenging unlike no other. Giving your maximum effort, including making the commitment and sacrifices required to succeed, is a topic our coaches stress each day.

**L : LEADERSHIP.** Playing football provides an opportunity for players to learn many skills—one of which is how to be a leader. As a great football coach once said, "Leaders aren't born, they are made. And they are made just like anything else, through hard work." That is a quality we stress throughout our camp.

**I : INTEGRITY.** A key component of this camp is focused on the integrity required to be a student-athlete. The commitment that comes with that to themselves, their family, team and community.

**T : TEAMWORK.** The importance of teamwork is a major focus at our camp. Football requires 11 individuals to work as one on the field – on offense and defense. It also requires scout teams and others to ensure the overall success during the week. A critical aspect of camp is teaching what being part of a team is all about.

**E : EXCELLENCE.** Every position in football requires the proper techniques – from linemen to receivers. Our camp stresses the importance of basic skills required to excel at each position. Becoming fundamentally sound makes excellence attainable.

# AYFL ELITE FOOTBALL CAMP

*Experience football at the premier contact football camp in Virginia.*

## HIGHLIGHTS

- ✓ Positional Skill Development
- ✓ Team Concepts
- ✓ Full Scrimmages
- ✓ High School Championship Staffs
- ✓ Certified Athletic Trainers on Site

## HEALTH & SAFETY

### Allergy Information

If your child has allergies, uses an inhaler, epi-pen, or other specialty items please be sure to label with their name and contact number and include this in their equipment bag. Please note any food allergies on check-in to the camp.

### Nutrition & Hydration

Please make sure your children are well hydrated and have had a proper breakfast prior to camp. See the camp web site at [www.ayfl.org](http://www.ayfl.org) for more ideas on proper nutrition.

Note that lunch will be provided each day.

### Breakfast

- Fruit or vegetable juice such as orange, tomato, or V-8, and/or
- Fresh fruit such as apples, watermelon, peaches, grapes, or oranges and/or energy bar
- Up to 1 and a half cups of a water and/or sports drink
- Eggs and meat (protein) at least one hour before camp

### Conditioning

In order for your kids to thoroughly enjoy and get the most out of the camp, please help them get into shape. At least one hour of physical activity per day. See the Camp web site at [www.ayfl.org](http://www.ayfl.org) for more conditioning ideas.



## MICKEY THOMPSON

Head Coach, Stone Bridge HS



A native of Charleston, WV, Mickey graduated in 1981 with a B.S. in Health and Physical Education from the University of Virginia. He played defensive tackle for the Cavaliers from 1977-81. He completed his Masters in Technology from GMU in 2001. Mickey enters his 24th year as head coach with 18 playoff appearances, 8 regional championships, three state runner up titles, and a state title in 2007.

## CHARLIE PIERCE

Head Coach, Briar Woods HS



Under Coach Pierce's guidance, Falcon Football teams have won three 4A State Championships and were a 5A State Runner up. Coach Pierce has been to Five State Championships in thirteen years as a head coach and has been named to numerous District, Region, and State Coach of the year honors. In 2013, he was recognized as Washington Post All Met Coach of the Year. A graduate of Shepherd University with a degree in Biology, Pierce was inducted to the Shepherd University Athletic Hall of Fame in 1995.

## MATT GRIFFIS

Head Coach, Broad Run HS



Under Coach Griffis direction the Spartans have been to four playoff appearances making Division 5A Elite 8 three times. Prior to coming to Broad Run he coached at Stone Bridge for 10 years and also coached at Park View, Herndon and Radford. As the Offensive Coordinator at Stone Bridge the Bulldogs won 7 regional titles, were the State runner up twice and State champions once. Coach Griffis played at Herndon High School, spent two years at West Liberty State College and graduated from Radford University with a Bachelor's Degree in Elementary Education. He earned his Master's Degree in Special Education from George Mason University.

## JASON DAWSON

Head Coach, John Champe HS



Coach Dawson is a graduate of Martinsburg High School. He played at West Virginia Wesleyan from 1996-99 where he was honorable mention and second team all conference. He was a student assistant at Wesleyan from 2000-2001. He coached at Broad Run from 2006-2012 when became the first-ever head coach JCHS.

## TONY TALLENT

Head Coach, Rock Ridge HS



Tony Tallent came to Rock Ridge from Warren County High School where he served as the head coach since 2007. In his time at Warren County the football program qualified for the playoffs for the last four years which marked the programs first ever appearances in the modern era. He was named the Division 3 coach of the year in the Evergreen District in 2010 and 2012 and was named TV3 Winchester Area Coach of the Year in 2010. Prior to Warren County, Tallent was an assistant coach at James Madison University where he was on the staff that won the 2004 National Championship. Tallent started his career with Harrisonburg High School and spent 13 seasons as an assistant coach and was a part of the 2001 state championship team

The AYFL ELITE FOOTBALL CAMP puts players ages 8 through rising 9<sup>th</sup> graders out on the field to learn the game of football from coaches and players at the high school, college and pro level. Our staff is committed to providing the children a fun, yet competitive environment as we teach the fundamental skills necessary to become better football players, better athletes and stronger leaders. The campers will participate in 3 straight days of practices. During these practice sessions they will be taught position specific fundamentals of the game as well as participate in offensive and defensive drills, skills challenges and games to help them apply these fundamentals on the field of play. Day 4 of the camp will wrap up with a scrimmage session to allow the campers to participate in game like situations. We will close the camp with a motivational speech on team work, attitude, character and decision making.

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