

## CELTIC FOOTBALL CAMP JULY 8 - JULY 12

Youth football players are encouraged to enroll in the **Providence Catholic Football Camp**. We bring together players from various area programs for an intense yet enjoyable football experience. Celtic head football coach Mark Coglianese will be the camp director.

This football camp will be for grades 4-8 only! Incoming freshman will have their own training camp beginning June 17th.

The **Providence Catholic Football Camp** will be staffed by the PROVIDENCE CELTICS COACHING STAFF, as well as several alumni college players and top Celtic Varsity players.

The **Providence Catholic Football Camp** has earned a reputation for excellence. All campers will participate in an outstanding learning environment with every session conducted with the same thoroughness that the CELTIC coaches apply to their own practices. We coach fundamentals and technique and drill over 80% of each workout.

The **Providence Catholic Football Camp** will help you in any stage of your football development and prepare you for the next level.

If heavy rain or lightning are present during the check-in time on Monday July 8th, registration will take place inside the school. At anytime during the camp if bad weather is present, campers will be escorted into the school until safer conditions arrive. **No refunds will be given.**

Campers will be grouped according to age and ability. **A certified athletic trainer will be on duty.**

## REGISTRATION AND FEES

Campers may register through the mail by returning the enclosed application and payment payable to: **Mark Coglianese**

c/o Providence Catholic Athletic Department  
1800 W. Lincoln Highway  
New Lenox, IL 60451

**FUNDAMENTAL CAMP.....\$100**

**BOTH CAMPS.....\$135**

(Fee includes: T-shirt, awards, PCHS athletic pass, and secondary insurance).

## CAMP REGULATIONS

**Good conduct is expected of all camp participants.** Failure to follow camp rules will result in disciplinary measures. Parents may be contacted to pick up camper if deemed necessary by the director or his staff. The camp is designed to be an enjoyable experience for all campers.

**QUESTIONS: Contact Coach Coglianese at PCHS (815) 717-3150 or email at [mcoglianese@providencecatholic.org](mailto:mcoglianese@providencecatholic.org).**

**The Providence Football Camp attracts campers from some of the best football programs across the southwest suburbs including:**

- New Lenox Mustangs, Jr Knights, Jr. Warriors, Manhattan Patriots
- Frankfort Falcons & Wildcats
- Joliet Ravens, Titans and Steelers
- Homer Stallions and Jr Porters
- Mokena Burros, Illinios Jr Celtics
- St. Mikes, St. Ann, St. Anthony
- Orland Pioneers and Knights
- Tinley Park Bulldogs & Tri City Wolverines
- Plainfield Jr Cats & Saints
- Chanooka Braves and Crete Bulldogs
- Lemont Catholic and Hornets, and others!

Many campers return year after year. Come join your friends and possible future teammates and see what CELTIC FOOTBALL is all about.

# 2019 PROVIDENCE CATHOLIC FOOTBALL CAMP



## **CHAMPIONS START HERE**

## **GRADES 4TH—8TH JULY 8 - JULY 12**

## FUNDAMENTAL CAMP 9:00am—11:30am

Basic fundamentals and individual position skills will be covered. All players will be taught both an offensive and defensive position of their choice. There will be drills covering various techniques of running, blocking, receiving, passing, tackling, along with an introduction to weight training.

## LUNCH 11:30am—12:00pm

Those attending both camps may bring a small cooler with drinks and a lunch or snack. Again this year, campers will be able to purchase **Aurelio's Pizza** and water for lunch on **Tuesday, Wednesday and Thursday**. Orders will be taken on Tuesday morning and distributed at lunch. **Pizza is not available on Monday.**

## 7 on 7 PASSING CAMP 12:00pm—1:30pm

This camp is designed for the positions of quarterback, running back, receiver, tight-end, defensive end, linebacker, and defensive backs. There will be no lineman, blocking, or tackling. This camp will emphasize the passing game versus a variety of man and zone pass coverage. Players will use the techniques learned in the fundamental camp and apply them in a touch football game situation. **This is where the campers have the most fun!!** They get to compete and show their skills in a touch football style game. **You must participate in the fundamental camp to be in the 7 on 7 camp.**

## TYPICAL DAY Fundamental Camp

8:45am Arrival/Check-in  
9:00am Punt Pass and Kick  
9:10am Cals and Stretching  
9:30am Running Skills  
9:45am Position Teaching/Drills  
11:00am Position Drills/contests  
11:30am Break/Lunch

## 7 on 7 Passing Camp

12:00pm Offense/Defense selection  
12:15pm 7 on 7 Team Play on fields  
1:30pm Camp Ends

**(Monday through Thursday only!)**

## EQUIPMENT

Shorts, t-shirts and football spikes are recommended. Quarterbacks who use a special football for their league may bring it.

## AWARDS & COMPETITION

Individual awards will be given for each grade level for the following competitions: Punt, Pass, Kick, 40 yard dash and obstacle course. Position awards, Hustle awards, and 7 on 7 awards will also be given.

**Awards will be given for both camps on Friday, July 12th at 11:15 am.**  
**ALL CAMPERS ARE DONE AT 12:00 noon on FRIDAY!**

### PCHS FOOTBALL CAMP APPLICATION - 2019

NAME \_\_\_\_\_ AGE \_\_\_\_\_ GRADE (FALL '19) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 EMERGENCY# \_\_\_\_\_ CAMPER'S CELL# \_\_\_\_\_  
 YOUTH TEAM \_\_\_\_\_ GRADE SCHOOL \_\_\_\_\_  
 HEIGHT \_\_\_\_\_ FT \_\_\_\_\_ IN \_\_\_\_\_ WEIGHT \_\_\_\_\_ lbs \_\_\_\_\_ Email address \_\_\_\_\_  
 SHIRT SIZE (adult sizes only) S M L XL XXL (circle one)  
 FUNDAMENTAL CAMP \_\_\_\_\_ \$100 BOTH CAMPS \_\_\_\_\_ \$135 (check one)