Online Directions: 1. Go to https://touchbase.nthurston.k12.wa.us

- 2. Username: Student ID#, Password: Student Last Name
- 3. Click on student's name in middle of page
- 4. Click on "Products available to" your student's name
- 5. Select Product Group ASB
- 6. Select FB Camp Payment Add to Cart



# **2014 Gridiron of Champions**Team Summer Camp Details

Due Dates: 27 May - \$100 Deposit

13 June - FINAL Payment

All money goes to the ASB Office unless

paying online.

Make checks payable to Timberline Football

# Camp Dates

Session 1: June 21<sup>st</sup>-24<sup>th</sup> Session 2: June 27<sup>th</sup>-30<sup>th</sup> Session 3: July 7<sup>th</sup>-10<sup>th</sup>

Steve Gervais is a native of the State of Washington and has been coaching high school football for over 30 years. As a head coach coach, he won 15 league championships and six state titles. Steve was an assistant coach at the University of Washington and also an Athletic



Director at Bishop Blanchet High School. Over the years of competing, a common denominator for his teams was the attendance at a summer team camp. While at camp, player's skills improved, team unity was strengthened and an attitude and belief developed that anything was achievable. It is for this reason Steve created the "Gridiron of Champions" Team Football Camp. His goal is to enable both the coaches and individual athletes develop the team skills and mental edge to compete for a Championship season.

#### The Basics:

Gridiron of Champions is a full contact camp for high school football programs. Steve Gervais Academy will be hosting the 2014 camp at the Evergreen State College in Olympia. This year there will be three respective sessions, each lasting four days and three nights. Most schools stay overnight in campus housing, but we do allow for some commuter schools. Campers and staff will eat at the Greenery, Evergreen's dining hall (Daily meals are included in the cost of the camp).

#### On the field:

Throughout the camp, individual instruction will be provided by the athlete's high school coaching staff. This allows the coaches from each high school to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes. Following individual instruction, each team will be involved in a team session. During this time, teams will have an opportunity to compete against one another. We staff the camp with former and current Division I, II & III football players who will be on hand to help coaches and athletes in any way possible.

#### **After Practice:**

Certified athletic trainers will be on site for all practices and will be available to assist athletes 24 hours per day. Evening activities include: 7 on 7 competitions, weight lifting, swimming, lineman challenges and team building activities.



# Logistics:

Resident campers will not be permitted to leave camp at any time except by permission of the Camp Director and their Head Coach. Automobiles left on campus will be charged a parking fee of \$6.00 per day. The final day of camp will conclude with teams scrimmaging one another. Family members and friends are invited to attend the last day of camp to support teams during scrimmages. At the conclusion of the final day of camp, athletes and coaches will return to pack, clean and check out of their dorm. A staffer must approve your room and sign off your return of keys. A staffer must approve your room (damage assessment) and confirm that all keys are turned in.

### Physicals & Insurance

All camp participants are required to provide a non-returnable physical fitness statement from their physician. Athletes will also be required to provide emergency information along with verification of medical insurance prior to participation. Athletes will not be permitted to participate without all forms filled out completely and turned in.

## **Arrival and Departure**

Session One - Check in time is from 9:00am to noon on June 21st. There will be a Coaches Meeting at 12:30, followed by a mandatory orientation for all athletes at 1:15. Camp will conclude at 1:00 pm on June 24th.

Session Two - Check in time is from 9:00am to noon on June 27th. There will be a Coaches Meeting at 12:30, followed by a mandatory orientation for all athletes at 1:15. Camp will conclude at 1:00 pm on June 30th.

Session Three - Check in time is from 9:00am to noon on July 7th. There will be a Coaches Meeting at 12:30, followed by a mandatory orientation for all athletes at 1:15. Camp will conclude at 1:00 pm on July 10th.

### **Daily Schedule**

Morning Schedule	Afternoon Schedule	
7:00 Breakfast	1:45	Coaches Meeting
8:00 Coaches Meeting	2:15	Team Stretch
8:45 Camp Meeting	3:20	Break
9:00 Team Stretch	3:30	Team Period
10:15 Break	4:45	Dinner
10:30 Team Period	6:30	7 on 7/ Weights/Meetings
11:45 Lunch	10:30	In Rooms (Lights out at 11:00pm)



# What to Bring

- towels, washcloth
- soap
- sun screen
- personal toiletries
- bathing suit
- sleeping bag/bedding shorts
- pillow

- alarm clock
- spending money
- football
- football shoes-grass
   tennis shoes
- t-shirts
- socks

- sweats
- long pants
- athletic supporters
- rain gear
- practice jersey

\*Rental Equipment will not be available

 FULL Gear (helmets, shoulder pads pants, belt girdles/pads jerseys) mouthpiece)

Overnight Campers: \$290.00 Commuters: \$175.00 Pricing

Driving Directions - Evergreen State College - 2700 Evergreen Parkway, Olympia, WA 98505

#### Fromthe North or South:

Take Interstate 5 to Olympia. Turn onto Highway 101 at Exit 104. Go west on 101 North for three miles. Take The Evergreen State College exit. Go two miles north on the Evergreen Parkway to the main campus entrance {at the roundabout). Follow the signs to the parking lot and check-in.

#### From the West:

Go east on Highway 101 North toward Olympia. Take the Aberdeen/Shelton exit. Turn left at the stop sign onto 2nd Ave SW, which becomes Mud Bay Road. Follow the road's curve to the right and continue up the hill. At the hill's top, just beyond the overpass, turn left at The Evergreen State College exit. Next, merge onto Evergreen Parkway. Go two miles north to the main campus entrance (at the roundabout). Follow the signs to the parking lot and check-in.



2014 Itinerary

Date	Time	Event			
Day 1	9:00 AM - 12:00 Noon	Arrive and check in at Evergreen State College			
-	9:00 AM - 12:00 Noon	Registration and Room Assignment			
	EACH PLAYER/TEAL	EACH PLAYER/TEAM IS RESPONSIBLE FOR OWN FOOD PRIOR TO DINNER			
	1:30 PM	All Camp Meeting			
	2:00 PM	Football Individual Drills			
		Football Team Drills			
		Controlled Scrimmage			
	4:30 PM	Dinner			
	6:15 PM	Football Individual Drills			
		Football Team Drills			
		Controlled Scrimmage			
	9:00 PM	Team Meetings			
	11:00 PM	Lights Out			
Day 2	7:00 AM	Breakfast			
	9:00 AM	All Camp Meeting			
	9:30 AM	Football Individual Drills			
		Football Team Drills			
		Controlled Scrimmage			
	11:30 AM	Lunch			
	2:00 PM	Team Meetings			
	2:30 PM	Football Individual Drills			
		Football Team Drills			
	7.00.777	Controlled Scrimmage			
	5:00 PM	Dinner			
	7:00 PM	All Camp Meeting			
	7:30 PM	7 on 7			
	0.00 PM	Lineman Challenges			
	9:30 PM	Team Meetings			
Day 2	11:00 PM	Lights Out Breakfast			
Day 3	7:00 AM 9:00 AM	All Camp Meeting			
	9:00 AM 9:30 AM	Football Individual Drills			
	9.30 AM	Football Team Drills			
		Controlled Scrimmage			
	11:30 AM	Lunch			
	2:00 PM	Team Meetings			
	2:30 PM	Football Individual Drills			
	2.5011.1	Football Team Drills			
		Controlled Scrimmage			
	5:00 PM	Dinner			
	7:00 PM	All Camp Meeting			
	7:30 PM	7 on 7			
		Lineman Challenges			
	9:30 PM	Team Meetings			
	11:00 PM	Lights Out			
Day 4	7:00 AM	Breakfast			
		BREAKFAST IS LAST MEAL SERVED AT CAMP			
	9:00 AM	All Camp Meeting			
	9:30 AM	Football Individual Drills			
		Football Team Drills			
		Controlled Scrimmage			
	12:00 Noon	Checkout			
	12:30 PM	Depart From Evergreen State College			