



2nd Annual North Pittsburgh Catholic Ironmen Football Summer Camp (non-contact)

Where: Cardinal Wuerl North Catholic High School
1617 Route 228, Cranberry Township, PA 16066

When: August 1st through Thursday August 4th (4 nights of camp)

Time: August 1st check-in begins at 5:30pm, camp begins promptly at 6:00pm -8:30pm
August 2nd-4th camp begins promptly at 6:00pm -8:30pm

Cost: \$75 per camper **REGISTRATION DEADLINE JUNE 30, 2016**

Our non-contact camp is targeted for Boys/Girls who are entering 1st through 8th grade in the fall 2015. Campers will be divided into 4 age groups 1st-2nd grades, 3rd-4th grades, 5th-6th grades, 7th-8th grades. The camp will focus on proper warmup and stretching, conditioning, individual skill development, proper stance, blocking techniques and fun play sessions. With each session, you will receive in-depth instruction, lectures, and demonstrations from an experienced, knowledgeable coaching staff. The camp will feature guest football coaches throughout the week from local high school (Jason Gildon – Head Football Coach North Catholic High School) and college programs (Jerry Schmidt – Head Football Coach Duquesne University). To register follow the link below. Camp space is limited.

REGISTER AT: [Ironmen Summer Camp 2016](#)

CAMP SCHEDULE EACH NIGHT

5:30 PM Registration/pickup T-Shirt – only the first evening – all other nights camp begins at 6:00pm

6:00 PM Camp Starts – Opening discussion and prayer

6:10 PM Stretching

6:30 PM Conditioning Stations

6:45 PM Water break

6:50 PM Football Stance

7:00PM Blocking and Tackling Instruction (non-contact)

7:15PM Water Break

7:20PM Individual Drills

7:50PM Free Play and Challenge sessions

8:20 PM Guest Coach Discussion (Jason Gildon, Jerry Schmidt, Chris Hoke,)

8:30 PM Camp session ends – pick up campers

WHAT TO BRING – Campers will be given a camp T-Shirt to wear during camp, apply and bring extra sunscreen, bring large individual water jug/water bottle, we will have \$1 sports drinks for sale, tennis shoes or football spikes (absolutely no metal cleats). Questions call Jim Valentine 724-544-2360, Steve Spotts 724-396-9950.

Football is like life - it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority. -- **Vince Lombardi**