



CAMP TORO



Camp of Champions

Heber, Arizona

Detach Here

**CAMP TORO — FOOTBALL CAMP OF CHAMPIONS
APPLICATION**

BASE CAMP PRICE \$295 — Due by June 1, 2009

- ◆ **After June 1**, camp price is **\$350; On Day of camp**, camp price is **\$400**
- ◆ **Cancellations after June 1, subject to \$50 administration fee**
- ◆ **Make checks payable to Camp Toro**

**Camp Toro
1126 West Elliot Road #2050
Chandler, AZ 85224**

- PLEASE CHECK YOUR SESSION**
- July 13 - July 18 (Grades 8, 9, 10)
 - July 20 - July 25 (Varsity)

For any questions,
call Coach Joseph (480) 472-6961

Name _____ Age _____ Phone _____
Address _____ City _____ State _____ Zip _____
Grade (Fall 2008) _____ School _____

If you have medical insurance, indicate company _____ Policy # _____

Camp T-Shirt Size: M L XL XXL (circle one)

All participants should be covered by their own insurance policies. It is understood that the Mesa Public Schools, Heber-Overgaard School District, Mountain View High School, Mogollon High School, Tom Joseph, and/or Camp Toro Football Camp are released from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in, or in transit to or from, this football camp.

I hereby authorize the Camp Directors to seek medical attention if such attention is warranted.

Parent/Guardian Signature

Date

Camp Fee is \$295

Due by June 1, 2009

Two Sessions

July 13 — July 18 (Grades 8, 9, 10)

July 20—July 25 (Varsity)

Bus leaves at 9:00 AM on Monday
Bus returns at Noon on Saturday

Camp Director

Tom Joseph, Head Football Coach

Camp fee includes: Bus transportation, accommodations, all meals, T-shirt, individual, group, and team training.

Bus transportation will be provided from the Mountain View High School Football Annex (next to the football stadium), Brown and Lindsay Roads in Mesa.

You'll need to bring with you:

(remember, there are [20 practices](#))

- Shorts
- Shirts
- Socks and underwear
- Shoes (football and sneakers)
- Sweatshirt and sweatpants
- Toiletries, sunscreen
- Towels
- Sleeping bag
- Air mattress, sleeping pad/mat
- Pillow and pillowcase
- Notebook and Pen
- Spending money for snack bar at night (\$20-40)

Features of the Camp

Specific training and drills for linemen, backs, quarterbacks, receivers, and kickers is provided by some of Arizona's finest coaches. Take the opportunity to develop your talent before the season starts.

- ◆ Emphasis on fundamental skills
- ◆ Teaching individual skills of offense and defense
- ◆ Techniques of passing and receiving
- ◆ Speed improvement
- ◆ Stretching and strengthening drills
- ◆ Team concepts

Typical Daily Schedule

5:30 am	Dawn Workout
7:00 am	Breakfast
8:30 am	Offensive Chalk Talk
9:00 am	Offensive Workout
11:30 am	Team Competition
12:00 pm	Lunch (nap time)
2:30 pm	Defensive Chalk Talk
3:00 pm	Defensive Workout
4:30 pm	Special teams
5:00 pm	Toro Hill
5:30 pm	Evening Meal (rest time)
7:00 pm	Stretch
7:30 pm	7 on 7, Line workout
9:00 pm	Snack bar
9:30 pm	Cleanup
10:15 pm	Lights out

Camp Program

Offense

Quarterbacks - Stance, center exchange, cadence, ball handling, drop steps, release, throwing, ball faking, reading defenses, coverages, strategy, and leadership.

Running Backs - Stance, starts, ball handling, faking, running with the ball, direction change (cutting), blocking, pass routes, and receiving.

Linemen - Stance, explosion off the ball, blocking scheme techniques (pulling, trapping and pass protection), along with communication and drill work.

Receivers - Stance, starts, release patterns, sight adjustments, routes, running with the ball, catching, and blocking.

Defense

Secondary - All phases of coverages (2-3 deep, man, and zone), stance, alignment, pass coverage, deflection, interception, back pedal, spot drops, tackling, and pursuit angles.

Linebackers - Stance, alignment, key recognition, attack techniques (hit and shed), pursuit (shuffle, alley, press), tackling, coverage skills (zone - man to man), and stunting.

'D' Linemen - Stance, alignment, pass rush technique (bull, swim, rip), pursuit, leverage, hit and shed, tackling, and reading recognition (read triangle).

Specialty - Punting, place kicking, kick-off and punt returning, snapping, and holding.

Mountain View High School Toros
State Champions—Football

'78 · '83 · '86 · '93 · '96 · '97 · '99 · '02