



# NEUQUA FOOTBALL SUMMER CAMPS

## 2010 SUMMER

On-Line registration at [Neuquafootball.com](http://Neuquafootball.com)

### Wildcat Football Camp

Fee:  
\$140

**Description:** This is a "Start of the Season" camp, similar to collegiate spring practice. The daily 3 hour schedule is organized into a 2 hour practice and an 1 hour lifting/film/classroom session. Players participate with the appropriate level coaching staff for the upcoming season. The Sophomore and Varsity levels will wear helmets and shoulder pads while the Freshmen will participate in shirts and shorts only.

<b>Dates:</b> June 7-18	<b>Days:</b> M, T, W, Th, F	<b>Time:</b> 7-10 am 8-11 am 9am-Noon	<b>2010-11 Grade   Levels</b> Freshmen (9th grade) Varsity (11th & 12th grades) Sophomores (10th grade)
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### Wildcat Strong Camp

Fee:  
\$160

**Description:** This is a weight lifting, speed training, and conditioning camp. The daily 2 hour schedule focuses on 1 hour of weight lifting and 1 hour of speed/conditioning training by our expert staff. Athletes train with same age athletes. The Freshmen session is structured to teach the athletes the proper fundamentals of lifting and training.

<b>Dates:</b> June 21 - July 30	<b>Days:</b> M, T, Th, F	<b>Time:</b> 7-9 am 8-10 am 9-11 am	<b>2010-11 Grade   Levels</b> Freshmen (9th grade) Varsity (11th & 12th grades) Sophomores (10th grade)
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### Quarterback Camp

Fee:  
\$75

**Description:** This camp focuses on the most important position on the football field. The Neuqua Football staff, led by QB Coach Ben Kleinhans and Offensive Coordinator Bill Ellinghaus, will teach proper throwing mechanics, fundamentals, and character necessary to excel in the highest profile position in sports today.

<b>Dates:</b> June 2-4	<b>Days:</b> W, Th, F	<b>Time:</b> 2-4 pm	<b>2010-11 Grade   Levels</b> 7th through 12th grades
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### JuniorCATS Camp

Fee:  
\$100

**Description:** This camp is an early introduction to Neuqua Football. Participants will receive instruction and inspiration from current staff and players, past and present. Offensive and defensive positions will be taught to everyone and each will have the opportunity to learn and execute plays from the Neuqua playbook.

<b>Dates:</b> July 27-30	<b>Days:</b> T, W, Th, F	<b>Time:</b> 10am-Noon	<b>2010-11 Grade   Levels</b> 6th through 8th grades
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### Varsity Mini-Camp

Fee:  
Included in the  
Wildcat Football Camp  
\*Must be registered for the Wildcat Football Camp in June.

**Description:** Only for the Varsity Team and invitees. This camp will focus on O/D schemes and execution in order to be better prepared for the season.

<b>Dates:</b> July 27-30	<b>Days:</b> T, W, Th, F	<b>Time:</b> 2-4pm	<b>2010-11 Grade   Levels</b> Varsity (11th & 12th grades)
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### ISU Varsity Team Camp

Fee:  
\$225

**Description:** Only for the Varsity Team and invitees. The camp is designed for players to experience fundamentals taught by the ISU coaching staff, drills versus players from other schools, and teamwork relative to our own O/D packages. This is an overnight camp, fees include the ISU Camp and charter bus service.

<b>Dates:</b> June 30-July 2	<b>Days:</b> overnight	<b>Time:</b> overnight	<b>2010-11 Grade   Levels</b> Varsity (11th & 12th grades)
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\*All participants must fill out the [ISU Health Form](#) and turn into Coach Wells. It can be downloaded and printed from the [Neuquafootball.com](http://Neuquafootball.com) website.

Detach and mail to: Wildcat Football Ltd | 2360 95th St., Naperville, IL 60564 Or submit at the Neuqua Valley High School Camp Registration Night

Name(s)	School	2010-11 Grade	Shirt Size (adult): S M L XL 2X
Address	City	Zip Code	
E-Mail	Phone #	Emergency Phone #	

Camps:  HS FB \$140  Strong \$160  QB \$75  JrCATS \$100  ISU \$225

payable to Wildcat Football Limited

\*\* Family discount → 50% off additional family members registered for the same camp (i.e. 2 boys in the Football Camp) DOES NOT apply to the ISU Camp\*\*

Check #	Amount
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