



# DWU Football Team CAMP

Location and Date:  
De Smet, SD  
June 24<sup>th</sup> and 25<sup>th</sup> 2013

*Check-in at 8:30  
Camp Begins at 9:00*

## DWU Camp Details:

- \$30 per camper or \$300 per Team
- Grades 9-12
- College Drills & Instruction from the DWU Coaching Staff
- Team Building Experience
- Shoulder Pads & Helmets Required

## Camp objectives:

- 1) To provide a camp for individuals to improve athletes fundamentals in the game of football
- 2) Assist and develop each team while they compete in a safe and controlled environment
- 3) Building team camaraderie with a direct focus on disciplined work and positive feedback

**Drill and individual fundamentals will be worked in the first portion of camp with the second portion focusing on team concepts and scrimmages.**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State/Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Cell Phone: \_\_\_\_\_  
 O/D Position: \_\_\_\_\_  
 Grade entering Fall 2013: \_\_\_\_\_  
 School: \_\_\_\_\_

\$30.00  \$Team Registration Fee Enclosed (Checks Payable to: De Smet School)  
 In consideration of acceptance of the application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, wave and release any and all rights and claims for damages I may have against Dakota Wesleyan University or De Smet High School or its representatives and/or assignees for any damages which may be sustained and suffered out of my traveling to, participation in, and returning from camp.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's or Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Medical Insurance Company & Policy Number: \_\_\_\_\_

**\*\*\*\*PLEASE HAVE REGISTRATION IN BY June 19, 2013 \*\*\*\***

Contact Info: Tom Hoek Head Football Coach De Smet-Iroquois [tom.hoek@k12.sd.us](mailto:tom.hoek@k12.sd.us) Cell: 605-860-0017

Ross Cimpl Head Football Coach Dakota Wesleyan University [rocimpl@dwu.edu](mailto:rocimpl@dwu.edu) Office: 605-995-2852

## 2012 De Smet-Iroquois Team Camp Schedule

### Day 1:

8:30 – 9:00	Check-In
9:00	Welcome from Coach Cimpl
9:05 – 9:15	Stretch/Form Run
9:15 – 10:15	Offense Position Session
10:15 – 10:30	Defensive Turnover Circuit
10:30 – 11:30	Defense Position Session
11:30 – 12:00	Team Session
12:00 – 1:00	Lunch
1:00 – 1:15	Stretch/Form Run
1:15 - 1:45	Skelly #1 OL/DL Pass Pro/ Pass Rush
1:50 – 2:20	Skelly #2 OL/DL Pass Pro/ Pass Rush
2:25 – 2:55	Skelly #3 OL/DL Pass Pro/ Pass Rush
3:00 – 3:15	Closing Remarks From Coach Cimpl

## 2012 De Smet-Iroquois Team Camp Schedule

### Day 2:

9:00 – 9:15	Stretch/Form Run
9:15 – 10:15	Offense Position Session
10:15 – 10:30	Defense Tackling Circuit
10:30 – 11:30	Defense Position Session
11:30 – 12:00	Team Session
12:00 – 1:00	Lunch
1:00 – 1:15	Stretch Form Run
1:15 - 1:45	Scrimmage #1
1:50 – 2:20	Scrimmage #2
2:25 – 2:55	Scrimmage #3
3:00 – 3:30	Scrimmage #4
3:30	Closing Remarks by Coach Cimpl Hand out T-shirts