



# ADAMS STATE COLLEGE FOOTBALL

Excellence at the top of the Nation!!!



## 2010 FOOTBALL FULL CONTACT TEAM CAMP

### CAMP FEATURES

A great chance for teams to tune-up and gel for the season ahead...

- ◆ 3 Practice periods per day with your team
- ◆ Full Team Thud scrimmages
- ◆ 7 on 7 games
- ◆ Graduate or Undergraduate Credit for Coaches (2 hours)
- ◆ All-You-Can-Eat Meals in La Mesa Cafeteria
- ◆ Flexible Schedules
- ◆ Nightly Chalk Talk
- ◆ Nightly Coaches Social



2-Time All-RMAC Receiver  
Josh Gibson

### WHY ATTEND A FULL CONTACT CAMP?

Every year coaches try to get an edge to better prepare their team for the upcoming football season. Attending a full contact camp gives players and coaches the opportunity to tune-up their existing offense and defense, or the chance to get valuable reps when installing new systems. The Adams State Full Contact Camp differs from most of the contact camps offered. This is a time for high school coaches to work and improve on the fundamentals and techniques they are using in the systems, not a time to learn the techniques of another program. It is coaches working and developing their own players into their systems, giving the chance to put each team's fundamentals and techniques in game-like situations. Our camp also provides excellent opportunities for team-building and leadership training.

PRICE:	\$195
Equipment Rental:	\$30



Adams State College was named 2004 NCAA Division II Defense of the Year



### CAMP ITINERARY

#### Sunday, June 6th

- 1:00 p.m. Check In
- 3:00 Coaches Meeting
- 4:45 Practice with your team
- 5-6:00 Dinner
- 7:00 Practice
- 9:00 Camp Meeting
- 10:00 Bed Check
- 10:30 Lights Out

#### Monday & Tuesday (June 7th - 8th)

- 6:30 a.m. Wake Up
- 7-8:00 Breakfast
- 9:00 Practice with your team
- 10:15 11 on 11 Thud Scrimmage
- 11:30-1:00 Lunch
- 2:00 Practice with your team
- 2:30 11 on 11 Thud Scrimmage
- 3:30 11 on 11 Thud Scrimmage
- 5-6:00 Dinner
- 7:00 7 on 7 Game
- 7:45 7 on 7 Game
- 8:30 Off
- 9:00 Camper Meeting
- 10:30 Bed Check
- 11:00 Lights Out

#### Wednesday, June 9th

- 6:30 a.m. Wake Up
- 7-8:00 Breakfast
- 8:00 Staggered Check Out & Practice/11 on 11 Scrimmage

Questions please email Jason Semore at [jsemore@adams.edu](mailto:jsemore@adams.edu) or call (719) 587-7283

Visit our website at [www.ascgrizzlies.com](http://www.ascgrizzlies.com)