

St. Xavier High School - Home of the 2005, 2007 & 2016 Ohio Division I State Champion Bombers

The 37th Annual Steve Rasso Youth Football Camp



Monday, June 10th – Thursday, June 13th, 2019

2nd-8th

9:00 a.m.*-11:30 a.m.

*8:00 a.m. on Monday for pre-registered check-in and walk-up registration – enter the Stadium through the Media Gate

The Camp: This is not a conditioning or recreational camp. The aim of the St. Xavier football camp is to give campers the finest football instruction possible and at the same time give campers a week full of fun and a stepping stone to becoming a more confident football player. Campers will be associating with some of the best young athletes in the Cincinnati area.

Age Level: This camp is open to athletes entering 2nd through 8th grades.

Equipment Needed: Cleated shoes if possible, shorts and socks. Quarterbacks are asked to bring a football.

T-shirt: A camp T-shirt will be presented to each camp participant.

Camp Fee: Early registration is encouraged. The non-refundable fee includes a t-shirt and instruction from the staff.
Pre-registration fee is \$80.00 per camper; walk-up registration fee is \$90.00 per camper.

Registration/Payment:

- \$80.00 Pre-registration
 - o Credit Card – register online only at stxsportscamps.com
 - o Mail completed registration form along with a check payable to St. Xavier High School, Attention: Coach Steve Specht, 600 W. North Bend Road, Cincinnati, OH 45224
- \$90.00 Walk-up registration
 - o Cash or Check payable to St. Xavier High School
 - o Credit Card – not available; accepted online only with pre-registered fee

Name: _____

E-Mail Address: _____

Address: _____

City: _____ State: _____ ZIP: _____

Parent(s) Daytime Phone #: _____

Age: _____ Grade (Next Year): _____ Grade School: _____

T-shirt size (circle size selection) *Youth* size S M L XL or *Adult* size S M L XL



Questions? Please contact Steve Specht at 761-7815, extension 325.

MEDICAL RELEASE FORM

The undersigned further agree(s) and understand(s) that my/our son participates in the St. Xavier High School Football Camp at his own risk, and that the undersigned my/our son's behalf and my/our behalf, assume full responsibility for any injury, loss, or damages incurred in connection with said St. Xavier High School football camp. The undersigned also agree(s) to forever release, discharge, and covenant to hold harmless the School, it's Trustees, teachers, employees, agents and any other parent or volunteer who participates as a chaperone or other assistant in connection with the St. Xavier Football Camp, their heirs, administrators, executors, successors, or assigns, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action belonging to the undersigned or the Student that in anyway and at any time arise out of the Student's participation in the St. Xavier Football Camp.

Mother Sign _____ Date _____ Father Sign _____ Date _____

CAMP PROGRAM

OFFENSE

Running Backs: Ball handling, stance, release, faking, ball carrying, running, cutting, blocking, pass receiving.

Quarterbacks: Stance, center exchange, drop back, setting-up, throwing, release, follow through, ball handling, faking, reading defenses, play action passing.

Receivers: Stance, release, pass patterns, running, pass catching, stalk block technique.

Linemen: Stance, pass protection, run blocking, pulling, center exchange.

DEFENSE

Backs: Stance, alignment, pass coverage, zone and man cover techniques, form tackling, pursuit and run support.

Inside and Outside LB's: Stance, alignment, pass drops, how to read offenses, form tackling, pursuit.

Linemen: Stance, pass rush, reading offensive linemen, stunt techniques, form tackling, pursuit, reaction drills.

Highlights of the Camp

Staff Members: Head Football Coach Steve Specht and members of the St. X Football staff known for their ability to instruct young players in the fundamentals of football. Past Bomber football players continuing their careers at the collegiate and professional levels. Current members of the 2017 Bomber Football Program.

Inspirational Talks: A daily inspirational talk by a member of the staff includes topics from visualization to the responsibility of a football player. These talks serve to motivate the players to prepare mentally for the upcoming season and life.



600 W. North Bend Road
Cincinnati, OH 45224

