

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

# 2020 Football Camp for Incoming St. Xavier Freshmen

Directed by St. Xavier Head Coach Steve Specht

**MONDAY - THURSDAY**

**JUNE 8, 9, 10 AND 11TH**

**12:30 P.M. – 2:30 P.M.**



**The Camp:** Open to all incoming St. Xavier freshmen interested in playing football. This is not a conditioning or recreational camp. The goal of this camp is to give Class of 2024 campers an opportunity to work with the St. Xavier Varsity coaching staff on football fundamentals while learning the St. X offensive and defensive systems. It also gives players an opportunity to meet other incoming freshmen while competing against great competition.

**Equipment Needed:** Shorts, socks, and cleated shoes, if possible.

**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](http://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 #: \_\_\_\_\_

Current Grade School: \_\_\_\_\_

T-shirt size (*circle size selection*) **Adult** size S M L XL 2XL

Questions? Please contact Steve Specht at (513) 618-3243

## 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 anytime 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

**St. X Football Philosophy:** All incoming freshmen will learn what it means to be a part of the St. Xavier football program physically, emotionally and spiritually. The Varsity staff will work on fundamentals and the St. X offensive and defensive systems.

**Staff:** Head Football Coach Steve Specht and members of the St. Xavier football staff known for their ability to instruct players in the fundamentals of football.

**Form Running Flexibility Sprint Technique:** This area can be of great benefit to all campers. Techniques to improve running speed will be taught (directed by Strength and Conditioning Coach Terrell Williams).



600 W. North Bend Road  
Cincinnati, OH 45224



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