



## **2020 Gridiron of Champions Team Summer Camp Details**

**Dates:** **SESSION 1:** June 20<sup>th</sup> – 23<sup>rd</sup> **SESSION 2:** June 26<sup>th</sup> – 29<sup>th</sup>

*Steve Gervais* is a native of the State of Washington and coached high school football for over 30 years. Over the years of competing, a common denominator for his teams was the attendance at a summer team camp. While at camp, player's skills improved, team unity was strengthened and an attitude and belief developed that anything was achievable. It is for this reason, Steve created the "Gridiron of Champions" Team Football Camp. His goal is to enable both the coaches and individual athletes develop the team skills and mental edge to compete for a Championship season.

### **THE BASICS:**

Gridiron of Champions is a full contact camp for high school football programs. Steve Gervais Academy will be hosting the 2020 camp at the Evergreen State College in Olympia. There are two sessions, each lasting four days and three nights. This is primarily an overnight camp but we also have commuter teams in attendance. Campers and staff will eat at the Greenery, Evergreen's dining hall (daily meals are included in the cost of the camp).

### **ON THE FIELD:**

Throughout the camp, individual instruction will be provided by the athlete's own high school coaching staff. This allows the coaches to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes. Following individual instruction, each team will have an opportunity to scrimmage another team.

### **AFTER PRACTICE:**

Evening activities include: 7 on 7 competitions, weight lifting, lineman challenges and team building activities.



**LOGISTICS:**

Resident campers will not be permitted to leave camp at any time except by permission of the Camp Director and their Head Coach. Automobiles left on campus will be charged a parking fee of \$3.00 per day. The final day of camp will conclude with teams scrimmaging one another. Family members and friends are invited to attend the last day of camp to support teams during scrimmages. At the conclusion of the final day of camp, athletes and coaches will return to pack, clean and check out of their dorm. A staffer must approve your room (damage assessment) and confirm that all keys are turned in. Lost keys (\$125) will be charged to the team bill and coaches will be notified.

**PHYSICALS & INSURANCE:**

All camp participants are required to provide a non-returnable physical fitness statement from their physician. Athletes will also be required to provide emergency information along with verification of medical insurance prior to participation. **Athletes will NOT be permitted to participate without all forms filled out completely and turned in.**

**DAILY SCHEDULE:**

<b>MORNING SCHEDULE</b>	<b>AFTERNOON &amp; EVENING SCHEDULE</b>
7:00 AM Breakfast	2:15 PM Team Stretch
8:30 AM Coaches meeting	3:20 PM Break
9:00 AM Camp meeting	3:30 PM Team Period
9:15 AM Team Stretch	4:45 PM Dinner
10:15 AM Break	6:30 PM 7 on 7 / Linemen Challenge
10:30 AM Team Period	10:30 PM In Rooms (lights out at 11 PM)
11:35 AM Lunch	



**WHAT TO BRING:**

• Towels, washcloth	• Alarm clock	• Sweats
• Soap	• Spending money	• Long pants
• Sun screen	• Football	• Athletic supporters
• Personal toiletries	• Football shoes-grass	• Tennis shoes
• Socks	• T-shirts	• Rain gear
• Sleeping bag/bedding	• Shorts	• Practice jersey
• Pillow	• Necessary meds	

• Full gear (helmets, shoulder pads, pants, belt, girdles/pads, jerseys, mouthpiece)

• **Rental Equipment will NOT be available**

**DRIVING DIRECTIONS:**

**The Evergreen State College, 2700 Evergreen Pkwy NW, Olympia, WA 98505**

**From north or south:**

Take Interstate 5 to Olympia. Turn onto Highway 101 at Exit 104. Head west on 101 N for three miles. Take The Evergreen State College exit. Go two miles North on the Evergreen Parkway to the main campus entrance (at the roundabout). Follow the signs to the parking lot and check-in.

**From the west:**

Go east on Highway 101 North toward Olympia. Take the Aberdeen/Shelton exit. Turn left at the stop sign onto 2nd Ave SW, which becomes Mud Bay Road. Follow the road's curve to the right and continue up the hill. At the hill's top, just beyond the overpass, turn left at The Evergreen State College exit. Merge onto Evergreen Parkway. Go two miles north to the main campus entrance (at the roundabout). Follow the signs to the parking lot and check-in.