

# REGISTRATION FORM

For the most benefit, campers are encouraged to specialize in one of each of the 3 categories below:

- Sign up for desired positions
- |             |                                   |                                |                                |                               |
|-------------|-----------------------------------|--------------------------------|--------------------------------|-------------------------------|
| 1. Offense: | <input type="checkbox"/> QB       | <input type="checkbox"/> Back  | <input type="checkbox"/> Line  | <input type="checkbox"/> End  |
| 2. Defense: | <input type="checkbox"/> Back     | <input type="checkbox"/> Line  | <input type="checkbox"/> LB-er | <input type="checkbox"/> End  |
| 3. Kicking: | <input type="checkbox"/> Ext. Pt. | <input type="checkbox"/> K-Off | <input type="checkbox"/> Punt  | <input type="checkbox"/> Snap |
- AM Session (For students entering Grades 4, 5, & 6 in Fall)       PM Session (For students entering Grades 7, 8, & 9 in Fall)
- T-Shirts will be provided.

Name \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Grade \_\_\_\_\_

Home Phone \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

School/Club: \_\_\_\_\_ Coach: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Camp fee is \$90.00 per person. Please choose one of the following procedures. Check 1 or 2:

- 1. Complete registration form and enclose \$90.00 for full camp payment.
- 2. Complete registration form and enclose \$50.00 for partial camp payment. Balance of \$40.00 due the first day of camp.

Make check payable to: Paul Verska.

Check here if not interested in receiving information on De La Salle.

Please detach along dotted line & enclose with your payment.

## TYPICAL CAMP DAY

### Grades 4th, 5th, & 6th

**AM Session** 8:00 am - 11:15 am

Attendance, Theme, Stretch  
Offensive Instructional/Defensive Instructional  
Motivational Talk  
Seminars/Testing  
Air Force Football

### Grades 7th, 8th, & 9th

**PM Session** 12:15 pm - 3:30 pm

Attendance, Theme, Stretch  
Offensive Instructional/Defensive Instructional  
Motivational Talk  
Seminars/Testing  
Air Force Football

## CAMP EQUIPMENT YOU WILL NEED

- Football or Tennis shoes
- Lock for your valuables
- Gym shorts, T-Shirt, etc.
- Towels

Note: Do not bring helmets

## NOTE ON INSURANCE

Each athlete should have their own medical insurance. Our camps are not covered by a health insurance program.

## REGISTRATION & FEES

Enclose completed registration form along with your check made payable to: Paul Verska

Mail to:  
Paul Verska  
16495 Karen Drive  
Clinton Township, MI 48038

## INSTRUCTION BY POSITIONS

### KICKING

Punt, & Pass, & Kick

### OFFENSE

#### QB

Special emphasis on passing, basic skills, handing off, running set plays, option techniques and field leadership.

#### BACKS

Blocking, faking, running the sweep, option handoffs and pass routes.

#### LINE

Stance, base shoulder block, pass blocking, steps alignment, sweep and option.

#### ENDS

Pass catching, blocking and pass routes.

### DEFENSE

#### BACKS

Stance, alignment, key responsibility, run support, option, sweep, and zone pass defense.

#### LINEBACKERS

Stance, alignment and keys, versus run and pass.

#### LINE

Run responsibility, angle technique, pass rush, double team and trap.

#### ENDS

Stance, alignment, keys, option support, sweep, pass drops, anchor and loop techniques.

A full time trainer  
will be part of the staff

## EASTSIDE CAMP HIGHLIGHTS

**Individualized Instruction:** Boys will be grouped according to grade.

**Top Instructional Staff:** The De La Salle High School football staff, along with college players and C.Y.O. coaches in the techniques and drills of offensive and defensive positions. Each day there will be guest speakers.

**Weight Training:** Each athlete will be instructed on the basics of weight training and the safety factors involved. A strength coach will coordinate the weight room program.

**Running Form & Flexibility:** Each athlete will learn the importance of proper running and the newest stretching techniques and principles. This program will increase speed as well as flexibility.

**Nutrition & Diet:** Athletes will be instructed on the proper eating habits and nutritional needs of an athlete.

**Motivational Talks:** A talk will be given every day before each workout.

**Safety:** The proper way to block and tackle will be emphasized.

**Competition:** Three, 25 minute games. Every player will be on a team & will play Air Force football.

**Offensive & Defensive Drills:** Every athlete will learn and experience drills according to his position that will make him a better football player.

**T-Shirt & Testing:** Each athlete will receive a T-shirt and will be tested in various skills.

**Evaluations:** Each player will be given a written evaluation from their coaches on their strengths and weaknesses.

**Non-Contact Instruction:** There will be no contact at these camps.

# PARENTAL APPROVAL FORM

Name \_\_\_\_\_ City \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Parents' Business Phone \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Address \_\_\_\_\_  
 Physical defects if any/General condition of health \_\_\_\_\_  
 Is the participant under any special treatment or medication? \_\_\_\_\_  
 Is the participant able to take part in a football techniques camp? \_\_\_\_\_

My son has permission to attend the Eastside Instructional Football Camp. Also, in the event of injury, I give my permission for a designated doctor to render emergency treatment.

Signature of Parent or Guardian \_\_\_\_\_

Hospitalization Company \_\_\_\_\_

Hospitalization Number \_\_\_\_\_

## CO-CAMP COORDINATOR

Nick Sherevan  
 St. Anne Head Football Coach • CYO Hall of Fame  
 586.677.1097 • stannecoachnick@yahoo.com

**CYO Prep Bowl Champions**  
 '90 • '99 • '04 • '05 • '08



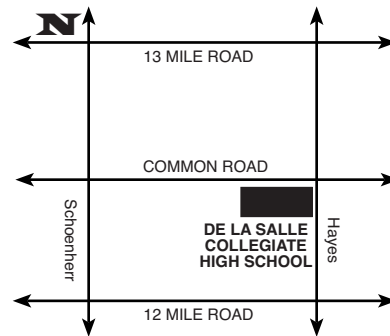
Coach Nick is one of the founders of this camp and has been head coach and football coordinator at St. Anne for 35 years. His record is 241 wins, 73 losses and 3 ties. 24 of his teams have been champions under his direction which led to 22 Silverdome and Ford Field

appearances and is the only team to play in 11 CYO title games.

"Over the last 30 years St. Anne has sent approximately 3,170 young men to this camp. We have one of the best tackle programs in the state. Our program has six tackle teams for grades 3rd - 8th."

Over 60 of St. Anne alumni football players have received College Scholarships under Coach Nick's tenure.

## EASTSIDE CAMP LOCATION



**De La Salle High School**  
 14600 Common Rd.  
 Warren, Michigan 48093  
 Head Football Coach • Paul Verska  
 586 - 412 - 1212      586 - 778 - 2207

## EASTSIDE METRO INSTRUCTIONAL FOOTBALL CAMP

### THIRTY FIRST ANNUAL **EASTSIDE METRO INSTRUCTIONAL FOOTBALL CAMPS**

Grades 4th, 5th, & 6th  
**AM Session • 8 am - 11:15 am**  
 Grades 7th, 8th, & 9th  
**PM Session • 12:15 - 3:30 pm**

Get ready for High School, Jr. High,  
 CYO or Youth Leagues



Paul Verska  
 Head Football Coach  
 De La Salle High School  
 '02, '06, '08 Coach of the Year  
 Central Division & MHSAA Regional  
 '02, '06, Detroit News Metro East &  
 '08 Detroit Free Press Metro East  
 Coach of the Year

De La Salle was 8-4 in 2009. '06 & '08, '09 district and regional champs in the State playoffs and Division II semi-finalist.

A native of Detroit's Eastside, Coach Verska enjoyed a playing career that brought such accolades as Captain and MVP of Central Michigan University. As a Varsity football coach with over 29 years experience and the 1997 AA Coach of the Year, Coach Verska was honored as a member of the Michigan High School Hall of Fame in 2001. Inducted to the Catholic League Hall of Fame 2008.

Coach Verska's experience and success will continue the tradition of excellence provided to our participants at the Eastside Metro Football Camp.

**TO:**

## EASTSIDE METRO CAMP

Held at: De La Salle High School  
 Date: July 11 - Jul 14 • Sun - Wed