



2010 IOWA HAWKEYE FOOTBALL CAMP

JUNE 13, 14, & 15, 2010

Padded Football Camp (Grades 9 - 12)



ALL CAMPERS

CHECK IN - The check-in time for the camp session is 1:00 - 3:00 p.m. on Sunday in the Field House on the main deck.

ORIENTATION - After the Sunday check-in, a briefing session for camp participants will be held. At that time, you will be briefed on the week's program.

CAMP INFORMATION

The Iowa Hawkeye Football Camp is a well balanced program, which also includes not only emphasis on the game of football, but also exposure to other camp recreational activities.

Each camp session covers all aspects of football from basic techniques used in the three-point stance to seven-on-seven drills. Campers will also have at various times throughout their sessions a chance to review instructional tapes, discussions on techniques and motivational talks. It is a great opportunity to gain exposure to one of the finest football programs in the nation. Enrollment for the session will be limited, so send in your application early.

THE RESIDENT PLAN

Residents are participants who are living away from home and stay with us in one of our excellent residence halls. Bedding is provided. Campers are supervised by counselors both day and night. Trainers and medical personnel are available 24 hours a day. Meals are planned by professional dietitians and served in modern dining facilities; these include a Sunday evening meal through Tuesday's lunch.

HOUSING - There are two campers per room. If you have a roommate preference, write the name of the person on your application form in the designated area. Roommate requests received after June 1st may not be possible. Changes cannot be made after the application is accepted.

PICKUP - Pickup will be at the residence halls between 5:00 p.m. and 8:00 p.m. on Tuesday.

THE COMMUTER PLAN

Commuters are participants who are living at home or in the Iowa City area.

MEALS - Lunches and dinners are included in the Football Camp Commuter fee.

RECREATION - Commuters are invited to participate in our evening recreational program. Parents should understand that commuters are in supervised areas during the lunch break. Also, check the bulletin board next to the Sports Camps office for announcements.

INCLEMENT WEATHER - For alternate plans for outdoor sessions during bad weather, please call the Sports Camps office at 319-335-7961 or check the Sports Camps website, www.iowasportscamps.com.

PICKUP - Pickup will be at the residence halls after the last session each day camp is in session.

RULES AND REGULATIONS

All individuals enrolled are required to comply with the rules and regulations of The University of Iowa and the Sports Camps. Any serious violation of these rules and regulations will cause immediate dismissal from the camp. Athletes who will be entering the ninth through twelfth grades in the fall of 2010 are eligible to attend the 2010 Iowa Hawkeye Football Camps.

In accordance with the NCAA, an athlete who has enough preparatory education to be academically eligible to enter college in the fall of 2010 will **NOT** be permitted to attend. Transportation to the padded camp will be provided to and from the Eastern Iowa Airport and the Iowa City bus depot. There is a \$25.00 round trip fee from the airport and no charge from the bus depot. It is important that you notify our office (in writing) **AT LEAST TWO WEEKS PRIOR** to your camp on where and at what time you will be arriving. Iowa City is served by Burlington Trailways and Greyhound. The Eastern Iowa Airport is located 30 miles north of The University of Iowa campus. American Eagle, Allegiant Air, Delta Connection, and United Airlines service the airport.

COST AND CANCELLATIONS

The fee per session is all inclusive; there are no extra charges.

Due to limited space, all applications must be received no later than June 1, 2010, to guarantee acceptance into our camp. If not received by June 1st, your application could be accepted if space is available.

SESSION	DAYS	LODGING	MEALS	PRACTICE	PRICE
Padded/Resident	3 (Sun-Tues)	YES	YES	YES	\$305.00
Padded/Resident	2 (Mon-Tues)	YES	YES	YES	\$235.00
Padded/Commuter	3 (Sun-Tues)	NO	YES	YES	\$270.00
Padded/Commuter	2 (Mon-Tues)	NO	YES	YES	\$185.00
Padded/Commuter	1 (Mon or Tues)	NO	YES	YES	\$110.00

The full tuition is due no later than June 1, 2010. Cancellations - your fee, less a \$75 nonrefundable/nontransferable deposit will be refunded without any questions if you cancel your enrollment prior to June 1, 2010. At any time after June 1, refunds (less \$75 nonrefundable/nontransferable registration fee) will be made for medical reasons only.

Requests for refunds must be accompanied by a signed excuse from your physician. Campers who must leave during the week due to illness or injury will receive a prorated refund based on the number of days room and board were required.

NO REFUNDS will be given to campers who voluntarily leave camp or who are sent home for disciplinary reasons. Requests for refunds must be made prior to August 15, 2010.

WHAT TO BRING

Participants should bring workout gear consisting of tennis shoes, grass football shoes, several pairs of gym shorts, T-shirts, football jersey and plenty of socks.

You will also need to provide your own NOCSAE-APPROVED football helmet, shoulder pads (check with your high school coach). Refer to the online Camp Registration form if in need of Rental Equipment.

- When not in a sport session, dress will be casual, so bring along your favorite jeans, shorts, swim suits and summer shirts or tops.
- Participants must also furnish their own towels, washcloths and soap. You will not need a large amount of money while you are attending camp. However, camp souvenirs will be available from the Hawk Shop for you to purchase as well as snacks and incidental items.
- One final suggestion would be to bring a small window fan, alarm clock and a **STRONG DESIRE TO LEARN.**

MEDICAL INFORMATION

CAMP HEALTH & INSURANCE - The costs for the treatment of injuries and hospitalization for illness while attending the Hawkeye Football Camp will be the responsibility of the parent or guardian of the camper.

When you register online you will receive a medical release form and confirmation letter via email. If you mail your registration, the medical release form and confirmation letter will be mailed back to you. Everyone must have a medical release form signed by a doctor or a copy of your school sports physical performed within one year of your camp date, **NO EXCEPTIONS!!** If you send a copy of your school sports physical, we still need the Release of Liability, Medical and Media Authorization filled out and signed on the original medical release form.

Your check-in route will have one less stop if you mail your signed medical release form into the Sports Camps office in advance!

By completing the Release and Medical Authorization Form you will help eliminate any problems of delaying your participation in the camp's activities.

Download the Iowa Football Camp application or apply online at: www.iowasportscamps.com or call 319-335-7961

