

Team Camp Information

Camp features 3 days and 7 practices of team sessions and individual technique drills. Camp will focus on position specific instructional time and team periods for teams to run their offense and defensive schemes against other opponents. In addition to practice times there will also be chalk talk and film sessions in a classroom setting.

FLORIDA HIGH SCHOOL PADDED CAMP

Camp Coaches Include

Eric Potochney

All American Linebacker at Webber Int. University, Member of 2007 & 2008 AIFA Champions

Victor Hall

All Conference TE at Auburn University, Played professionally for Indianapolis Colts, Minnesota Vikings, Barcelona Dragons, Orlando Predators, LA Avengers, Florida Fire-

Kiwaukee Thomas

All American at Georgia Southern, Played professionally for Jacksonville Jaguars, Buffalo Bills, Detroit Lions and Miami Dolphins.

Team Camp Itinerary

Day 1

12:00—Registration
2:00—4:10 Practice 1
5:00—Dinner
6:30—8:40 Practice 2
9:30—10:30 Team Meeting
11:00—Lights Out

Day 2

7:30—Breakfast
9:00—11:10 Practice 3
12:00 Lunch
2:00—4:10 Practice 4
5:00—Dinner
6:30—8:40 Practice 5
9:30—10:30 Team Meeting
11:00—Lights Out

Day 3

7:30—Breakfast
9:00—11:10 Practice 6
12:00—Lunch
1:30—3:20 Practice 7



\$170 per Camper
Includes 3 Days 2 Nights

Teams over 50 Players \$160 per Camper

Checks Payable to: Grind It Out

6 Coaches Free per Team....

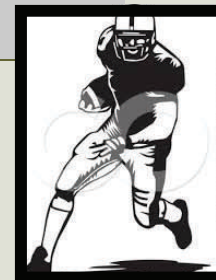
Additional Coaches Only \$75

FREE SHIRT FOR PLAYERS & COACHES

LOCATED IN CENTRAL FLORIDA

GRIND IT OUT

TEAM PADDED CAMP



July 21-24

Only \$170

All Meals and Rooms Included

**1201 N Scenic Hwy Babson Park, FL
33827**

1 ON 1's

7 ON 7

LIVE TEAM

INSIDE RUN

OL VS DL

INDIVIDUAL DRILLS

BRING ALL FOOTBALL PADS

Team Camp Practice Schedule

Practice 1/2

10 min Stretch with TEAM

25 min Def. Individual Coordinated by GRIND IT OUT Coaches

25 min Off. Individual Coordinated by GRIND IT OUT Coaches

15 min Team Install

20 min Inside Run/WR vs DB vs TEAM 1

15 min Team Install

20 min Inside Run/WR vs DB vs TEAM 2

Practice 3/5

10 min Stretch with TEAM

25 min Def. Individual Coordinated by GRIND IT OUT Coaches

25 min Off. Individual Coordinated by GRIND IT OUT Coaches

15 min Team Install

20 min 7 on 7 and OL /DL vs TEAM 1

15 min Team Install

20 min 7 on 7 and OL/DL vs TEAM 2

Practice 4/6

10 min Stretch

25 min Def. Individual Coordinated by GRIND IT OUT Coaches

25 min Off. Individual Coordinated by GRIND IT OUT Coaches

15 min Team Install

20 min Team Run vs TEAM 3

15 min Team Install

20 min Team Run vs TEAM 4

Campers Must Bring : Football Pads, Practice Jersey, Cleats, Tennis Shoes, Work Out Clothes, Twin Bed Sheets, Pillow, Toiletries, etc...

Teams Must Bring : All Teams must bring their own footballs and anything else needed for practice.

Practice 7

10 min Stretch

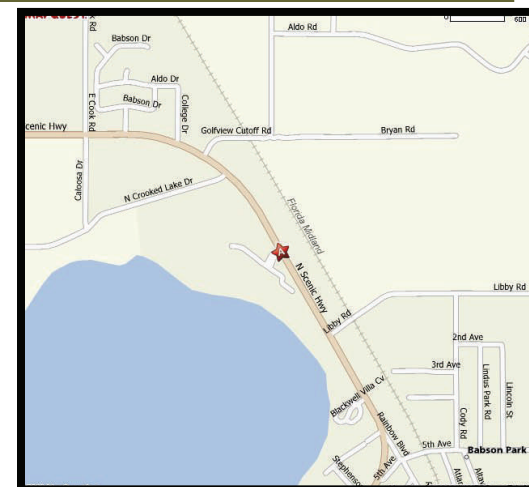
25 min vs TEAM 1

25 min vs TEAM 2

25 min vs TEAM 3

25 min vs TEAM 4

Camp Schedule is a standard plan and is based on 4 games for Practice 7. Schedule can be adjusted based on total teams in attendance and classification of teams in attendance to ensure quality competition.



**Camp Location: 1201 N Scenic Hwy
Babson Park, FL 33827**

Grind It Out Team Camp

For More info contact...

Camp Owner : Eric Potochney

(813) 503-3538

Email: gioteamcamp@gmail.com

coachpooch@gmail.com

Camp Coordinator: Steve Speakman

(304) 593-2308

Email: sks4528@yahoo.com

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Additional Coaches Only \$75