

**HEAD COACH  
Mike White**



I would like to take this opportunity to personally invite you to our 2009 Football Camp at Albany State University. We are proud of our facilities and we are excited about this opportunity to share them with you. We are very fortunate to have such an outstanding camp staff that will provide an excellent instructional camp to help mold young athletes. We look forward to having you join us at the Albany State University Football Camp this year.

**CAMP OBJECTIVE**

It is our intention to give your son a better understanding of football, help him build self-confidence, and to expose him to a fun-filled experience with other young men his age. It doesn't matter if your son is just beginning in football or has played for several years, he will return home knowing the fundamentals basic to the game, as well as making new friends and having the experience of living and working in a group.

**DAILY SCHEDULE**

8:00 a.m. -----Registration (June 11)  
8:30 a.m. -----Welcome (June 11)  
9:00 – 11:30 a.m. -----Football Instruction  
11:30 – 12:30 p.m. -----Lunch  
12:30 – 2:00 p.m. -----Free Time/Rest  
2:30 – 4:30 p.m. ----- Football Instruction  
4:30 – 5:00 p.m.-----Rest Period  
5:00 p.m. -----Return Home

\*\*\*\*in case of inclement weather, please phone the camp/office/football complex for alternate plans at (229) 430-6470



**Cost:** Cost for the camp will be \$50.00. Absolutely no refunds will be given.

**Inquires:** For an application and more information please contact:

Steve Smith, Albany State University  
504 College Drive  
Albany, Georgia 31705  
(229) 430-6470



**RAMS  
FOOTBALL  
2009**

Mike White Rams  
**FOOTBALL  
CAMP**

**June 11 – June 13,  
2009**

**Albany State University  
Albany, Georgia**



Albany State football staff and middle and high school coaches will serve as instructors for the camp. ASU student athletes will serve as camp counselors.

## REGISTRATION FORM

(Please Print)

Date \_\_\_\_\_

Pease Check One:

Rookie            Skill            Line

Name:

\_\_\_\_\_

(Last)                      (First)                      (Middle)

Preferred Name \_\_\_\_\_

Address \_\_\_\_\_

Street & Number                      Apt#

\_\_\_\_\_

City                      State                      Zip Code

Age at Camp Time \_\_\_\_\_

Parent or Guardian \_\_\_\_\_

Home Phone# \_\_\_\_\_

\_\_\_\_\_

School Now Attending                      Grade in Fall 2009

\_\_\_\_\_

Signature of Parent or Guardian

T-Shirt Size:    S            M            L            XL

## THE ROOKIE CAMP (Ages 8-12)

This camp will stress the basic fundamentals of the game. Skills such as passing, catching, running, kicking, blocking and tackling will be introduced to each camper. More extensive work will take place in the offensive and defensive positions of the camper's choice. These skills will be perfected through the use of drills and game situations.

## THE VETERAN CAMP (Ages 13-18)

This camp will have three parts: the skill camp, lineman camp and kicking camp. The skill camp, lineman camp and kicking camp will have the same time schedule. The instructors will consist of Head Coach Mike White and the staff at Albany State, as well as professional athletes and coaches. Each individual will receive expert instruction in football fundamentals.

The **Skill** Camp: This will be a working camp designed to improve the offensive and defensive skills of its participants. The emphasis will be on the passing game. The offensive positions include: Quarterbacks, wide receivers, tightends and running backs. The defensive positions will be inside and outside linebackers and the secondary. All skills will be developed through the use of drills, film study, chalk talks, pass skeletons and game situations.

The **Lineman** Camp: This will also be a working camp that is designed specifically for offensive and defensive lineman. The objective of the camp is to teach the fundamentals and the techniques of line play while also exposing the camper to the latest procedures in strength and speed development.

The **Kicking** Camp: The kicking camp will be a working camp that is designed specifically for kickers. The objective of the camp is to teach the fundamentals and techniques of punting, kicking off and placekicking. The campers will be exposed to the procedures in strength development.

## REGISTRATION STEPS

1. Complete the registration form in the brochure.
2. Attach deposit of full payment in the form of money orders or checks, made payable to Mike White Football Camp. As our space is limited, we will accept only applications with deposits of full payment enclosed.
3. Mail registration form and payment to:

Mike White Football Camp  
c/o Steve Smith  
Albany State University  
504 College Drive  
Albany Georgia 31705

Your cancelled check will serve as your acceptance into the Mike White Football Camp as well as your receipt.

### FOOTBALL SCHEDULE



Date	Opponent	Site	Time
8/27	Chowan Univ.	Murfreesboro	6:00 p.m.
9/5	Kentucky State	Albany, GA	7:00 p.m.
9/12	Stillman College	Tuscaloosa, AL	5:00 p.m.
9/19	OPEN		
9/26	*Benedict College	Albany, GA	2:00 p.m.
10/3	Lane College	Jackson, TN	6:00 p.m.
10/10	Miles College	Fairfield, AL	6:00 p.m.
10/17	Clark Atlanta	Atlanta, GA	2:00 p.m.
10/24	Tuskegee Univ.	Albany, GA	2:00 p.m.
10/31	Morehouse	Albany, GA	2:00 p.m.
11/07	Fort Valley	Columbus, GA	2:00 p.m.

\* Homecoming 2009