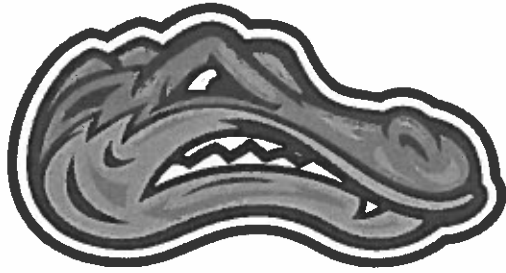


# 2018 St. Amant Gator Football Camps



**ST. AMANT FOOTBALL CAMPS** are led by Head Coach David Oliver and Head Strength & Conditioning Coach Dwayne Thomasse and the rest of the SAHS Gator Staff.

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## Gator Football Camp

**1<sup>st</sup>- 8<sup>th</sup> Grade, May 29<sup>th</sup>- June 1<sup>st</sup>,  
8:00-11:00am.  
cost is \$90**

Come Learn Football the "Gator Way". All Football positions will be taught at this well attended camp. All campers will learn positions on the offensive and defensive side in addition to kicking game. Camp will be led by St. Amant Head Coach, David Oliver, and will be staffed by SAHS coaches. All campers will need to bring football cleats and comfortable athletic clothing. Footballs will be provided. **This camp is a must if you want to take your game to the next level.** This is a non-contact camp for athletes of all skill levels.

## 2018 RISING STARS

The ST. AMANT RISING STARS CAMP is designed for any student, Boy or Girl, of all skill levels, who wants to improve their speed, agility, quickness, and strength. RISING STARS is for student athletes that are enrolled in the 6<sup>th</sup> Grade thru 8<sup>th</sup> Grade. **This camp is a GREAT introduction to what GATOR ATHLETICS is all about.**

**Middle School Session: \$75 by June 1<sup>st</sup>; \$100 after  
Rising 6<sup>th</sup> – Rising 8<sup>th</sup> grade,  
June 5<sup>th</sup> – June 28<sup>th</sup> (T & Th)  
11:30am – 1:00**

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## St. Amant Gator Lineman Academy

The Lineman Academy is a development academy for Offensive and Defensive Linemen. This academy will include fundamentals and techniques for lineman, mental aspects of the game, drills, alignment rules, and film evaluation. This academy will be instructed by SAHS Line Coach Hayden Melancon.

**3<sup>rd</sup> – 8<sup>th</sup> Grade  
June 4<sup>th</sup> - July 2<sup>nd</sup>  
M/W 10:00am-11:00am  
Cost is \$100**

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## 3<sup>rd</sup> Annual St. Amant Elite Tackle Instruction Camp

This camp is a must for every youth football player at any level. This camp includes up to date tackling techniques taught by trained youth and high school coaches. This camp includes skills and drills that make tackling fun and safe! **Equipment: shorts and cleats. 1<sup>st</sup> thru 6<sup>th</sup> grade, June 15<sup>th</sup>, 6:00p.m.-8:00p.m., cost is \$25**

# 2018 St. Amant Gator Football Camps

## CAMP PHILOSOPHY



Parents and players,

Thank you for considering **Gator Skills Camp**. Our staff has made a commitment to spend more quality time with our future players. We felt in the past, camp opportunities were too limited and we hope adding these camps can help us create a great relationship with your son and our football program.

The camp Philosophy is to provide solid fundamental football skills in a relaxed atmosphere. We will teach every boy the fundamental and advanced skills necessary to make him a better football player.

We will keep a very low player to coach ratio at this camp. Your son will have excellent learning opportunities in a small group setting.

I look forward to seeing your son at camp.

We have one of the best coaching staffs in the state of Louisiana and your son will be coached by our varsity staff and current varsity players.

I look forward to seeing your son at camp.

**David Oliver- Head Football Coach**

## Gator Football Camp

1<sup>st</sup>- 6<sup>th</sup> Grade, May 29<sup>th</sup>-June 1<sup>st</sup>, cost is \$90

## WHAT TO BRING TO CAMP

- **FOOTBALL EQUIPMENT:** Players should wear football shoes and shorts
- Water will be provided by the Gator Staff but players may want to bring their own bottle.
- **All campers will receive a T-shirt at the conclusion of camp.**
- Camp will be held at the St. AMANT High School football fields.
- **If it is raining /storming we will meet inside.**
- **Camp will begin each day at 8:00am. and end by 11:00am.**

## CONTACT INFORMATION

Gator Skills Camp  
43196 Cypress Bend Ave.  
Gonzales, La. 70737  
Phone: 225-284-3623  
E-mail: david.oliver@apsb.org

# St. Amant Gator Football Camps Application Form

Athlete's Name \_\_\_\_\_ Phone# \_\_\_\_\_ Grade (2018-19) \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Parent' Name \_\_\_\_\_ Emergency# \_\_\_\_\_  
Email \_\_\_\_\_

**RISING STARS (6-8) \$75**

**Gator FB Camp \$90**

**Elite Tackle Camp \$25**

**LINE Academy \$100**

**T-Shirt Size (Circle One)**

<b>Adult Size:</b>	<b>Youth Size:</b>
S M L XL XXL	YS YM YL

**Parental Consent:** I certify that my child has been examined by a physician and has been found to be in good health and able to compete in all camp activities without restrictions. In addition, I acknowledge that I have medical insurance to cover the cost of any injury or illness that may occur during my child's participation in this camp. Furthermore, I authorize the staff of Gator Skills Camps 2018 to act for me according to their best judgement in an emergency requiring medical attention. I hereby release Gator Skills Camps 2018 and Ascension Parish Schools from all claims resulting from any injury while attending this camp.

**Parent Printed Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Make checks payable to: Gator Skills Camp. Send payment and registration form to:**

**Gator Skills Camp  
43196 Cypress Bend Ave.  
Gonzales, La. 70737**

# 2018 St. Amant Gator Football Camps

## ***RISING STARS SPORTS PERFORMANCE CAMP***



### ***RISING STARS SPORTS PERFORMANCE MISSION STATEMENT:***

Our mission is to provide cutting edge instruction in the areas of strength, speed, power, acceleration and movements to athletes in a challenging yet positive environment that will enhance performance, build confidence, and improve mental strength.

### ***RISING STARS SPORTS PERFORMANCE TRAINING METHODS***

Our Coaching Staff has developed, established, and successfully implemented several unique training systems that have delivered proven results for hundreds of youth, high school, college, and professional athletes.

These systems have been created through extensive research and combining our unique methods with specific synergistic elements from other world renowned performance specialists.

Our unique systems of training are applicable, customizable, and easily implemented for athlete regardless of age, sport, or ability level.

### ***TRAINING SESSIONS INCLUDE:***

#### **Dynamic Movement Preparation**

Specific Exercises to prepare the body for activity while addressing running mechanic improvements for all sports

#### **Linear Speed & Running Mechanics Training**

Maximize acceleration and max speed potential while running as efficiently as possible by learning correct running mechanics

#### **Lateral Speed & Movement Training**

Learn and apply techniques on how to move laterally by absorbing competition like force

#### **Deceleration Training**

Learn how to absorb force when slowing down (or deceleration) and how to land softly when jumping to avoid injury

#### **Strength Training**

Relevant bodyweight strengthening exercises for younger athletes

#### **Power**

Plyometric, medicine ball, and vertical and horizontal jump training to increase explosive power

#### **Energy System Development**

Improve and establish a base level of condition required for athletes

#### **Prehab Education**

Identify and correct muscular imbalances before an acute injury occurs

#### **Regeneration & Nutritional Education**

Information on how to recovery properly after each training session to help maximize training gains

#### **Flexibility and Mobility Training**

Post workout static stretch routine to improve flexibility and mobility

***ST. AMANT HIGH SCHOOL WEIGHT ROOM-12035 HWY 431-ST. AMANT, LA 70737***

# 2018 St. Amant Gator Football Camps

## **CAMP DATES:**

**Camp includes 7 Sessions in June –  
11:30am-1:00pm**

**Tuesday June 7, 2018 11:30am-1:00pm**

Upper Body Strength Training/ Linear Speed Techniques, Mechanics, and Development

**Thursday June 12, 2018 11:30am-1:00pm**

Lower Body Strength Training/ Lateral Speed Techniques, Mechanics, and Development

**Tuesday June 14, 2018 11:30am-1:00pm**

Total Body Strength Training/ Jump Training Plyometric Techniques, Mechanics, and Development

**Tuesday June 19, 2018 11:30am-1:00pm**

TRX Suspension Core Strength Training/ Resistance Running Techniques, Mechanics, and Development

**Thursday June 21, 2018 11:30am-1:00pm**

Upper Body Strength Training/ Mobility & Flexibility Techniques, Mechanics, and Development

**Tuesday June 26, 2018 11:30am-1:00pm**

Lower Body Strength Training/ Linear Speed Techniques, Mechanics, and Development

**Thursday June 28, 2018 11:30am-1:00pm**

TRX Suspension Core Strength Training/ Lateral Speed Techniques, Mechanics, and Development

## **CAMP REGISTRATION INFORMATION:**

**When-** 7 Dates in June

Sessions will be conducted on Tuesdays & Thursdays in the month of June at 11:30 am.

**Where-** St. Amant High School Weight Room

Athletes can be dropped off and picked up in front of the Gold Dome at St. Amant High School.

**Who-** Students entering 6<sup>th</sup>-8<sup>th</sup> grades

Athletes entering the 6<sup>th</sup> grade to the 8<sup>th</sup> grade are welcome to participate in these sessions

**Cost-** Registration Cost

Early Registration \$75.00

Late Registration \$100.00

(Cost includes all 7 sessions)

**Payment Method-Cash or Checks**

**Early Registration: Ends June 1st**

Please make checks payable to **Gators Skills Camps** or Cash

Mail to:

**Gator Skills Camp**

**43196 Cypress Bend Ave.**

**Gonzales, La. 70737**

**Late Registration:** Late registration will be held the day of the 1<sup>st</sup> session on June 7, 2018 at 11:00-11:30 in the SAHS Weight room. Remember only 50 athletes will be accepted and will be 1<sup>st</sup> come 1<sup>st</sup> serve.

# 2018 St. Amant Football Camps

## St. Amant Lineman Academy



### Camp Philosophy-

The St Amant Lineman Academy will give future Gators the opportunity to **"Get Ahead of the Competition."** This Academy will give any future Gator that is in **Grades 3rd-8th** the opportunity to learn about the basic fundamentals of Line play.

### What we will Accomplish-

- Defensive Fundamentals.
- Offensive Fundamentals.
- Seeing actual game film of the gators and learning from our older players.
- Working all Fundamental Drills that they will do in High School to be given a chance to come in "Ahead of the Game."



### Information You Need-

- Football Equipment to bring: Cleats and athletic shorts and shirt.
- Water will be provided by Coach Melancon.
- **All campers will receive a T-Shirt at the end of the Academy.**
- Camp will be held at the St Amant High School Practice Fields.
- If it is raining we will meet inside the Locker Room for film.
- Camp will be on Mondays and Wednesdays from 10 am- 11am.
- There will be **9** total sessions. Starting June 4th and going all the way through July 2<sup>nd</sup>.
- Sessions will be on June 4, 6, 11, 13, 18, 20, 25, 27 and July 2.
- Cost of camp is \$100

### Coach Melancon's Contact Information

St Amant High School  
Phone: 225-573-3003  
Email: [hayden.melancon@apsb.org](mailto:hayden.melancon@apsb.org)

# 2018 St. Amant Football Camps

## St. Amant Elite Tackle Instruction Camp



This camp is a must for every youth football player at any level. This camp includes up to date tackling techniques taught by trained youth and high school coaches. This camp includes skills and drills that make tackling fun and safe! Camp will be led by SAHS Defensive Coordinator, Dwayne Thomasse and will be staffed with SAHS coaches. All campers will need to bring football cleats and comfortable athletic clothing. This is a **non-contact** camp for athletes of all skill levels. **This camp is a must if you want to take your game to the next level!**

### Gator Elite Tackle Camp

1<sup>st</sup>- 6<sup>th</sup> Grade, June 15<sup>th</sup>,  
6:00-8:00pm; cost is \$25

#### WHAT TO BRING TO CAMP

- **FOOTBALL EQUIPMENT:** Players should wear football shoes and shorts
- Water will be provided by the Gator Staff but players may want to bring their own bottle.
- **All campers will receive a T-shirt at the conclusion of camp.**
- Camp will be held at the St. AMANT High School football fields.
- **If it is raining /storming we will reschedule.**

#### CONTACT INFORMATION

Gator Skills Camp  
43196 Cypress Bend Ave.  
Gonzales, La. 70737  
E-mail: [david.oliver@apsb.org](mailto:david.oliver@apsb.org)

