

Schools who have attended Camp Excel:

PENNSYLVANIA

- | | |
|----------------|-----------------|
| Altoona | McDowell |
| Baldwin | Mercyhurst Prep |
| Brookville | Mohawk |
| Deer Lakes | Mt. Pleasant |
| Derry | North East |
| General McLane | Pine Richland |
| Harbor Creek | Seneca |
| Hazelton | Seneca Valley |
| Lakeview | Strong Vincent |
| Laurel | Summit Academy |
| Mars | Warren |



OHIO

- | | |
|------------------|-----------------------|
| Brush | Mayfield |
| Brecksville | Nordonia |
| Canton McKinley | North Ridgeville |
| Cardinal Stritch | Painesville Riverside |
| Carrollton | Reynoldsburg |
| Edgewood | Sebring McKinley |
| Fairport Hardin | Shaker Hts. |
| Grand Valley | St. Edwards |
| Jefferson | Stow |
| Kenston | Upper Arlington |
| Lake Catholic | Waynedale |
| Loudonville | Western Reserve |
| Madison | Wickliffe |
| Marietta | Willoughby South |

What to bring

- Sheets or Sleeping Bag
 - Pillow & blanket
 - Soap, Towels, Washcloths
 - Gym Shoes
 - Football Shoes
 - Swim Suit
 - Suntan Lotion
 - Toilet & Personal Articles
 - Sweat Clothes, Socks and Gym Clothes (several pairs)
 - Football Jersey (several)
- Note:** Bring enough clothes for the duration of camp

Location

Edinboro University is located in the northwest corner of Pennsylvania, approximately 20 miles south of Erie. The resort town of Edinboro is within 100 miles of Cleveland, Pittsburgh and Buffalo, and is easily accessible from interstates 90, 80 and 79.

Meals

Meals will be provided to campers as part of the registration fee. You will eat in Van Houten Dining Hall, an “all you can eat” cafeteria, complete with salad bar, ice cream and soft drinks.

Health Care

The Edinboro University Sports Medicine staff or certified athletic trainers and selected student trainers enrolled in the athletic training program provide routine health care. Coverage is available during the camp season.

Medical Insurance

Edinboro University **DOES NOT** provide medical insurance for campers. In the event of illness or injury requiring treatment, hospitalization and/or surgery, family medical insurance must be used.

CAMP EXCEL

'06



THE ULTIMATE IN FOOTBALL CAMPS!

July 16th – 19th, 2006

For Information Call:

1-800-526-0115, ext. 244

(814) 732-2776 ext. 244

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Dear Coach,

We are offering the 16th annual “Camp Excel” football camp to all high school football programs in the tri-state area.

The objective of the camp is to allow you as a coach to work with your athletes in a controlled setting. It will offer you an opportunity to isolate your athletes in an environment where you will be able to focus and concentrate for a four-day period with no external distractions. We will provide all equipment and teaching aids and also make our weight room and other facilities available to increase productivity for your program and athletes.

We feel a camp of this nature can be very beneficial for many reasons. It will not only allow you to focus in and get a jump on the X’s and O’s, but also give your staff an opportunity to get together and talk “Football” with a variety of other coaches. It provides your coaches and athletes an opportunity to come together and grow as a family. There will be many things going on in this four-day period, and it will be a tremendous learning experience with many enjoyable moments for all involved.

If you have an interest in participating in Camp Excel 2006, please complete the enclosed questionnaire and return it as soon as possible. We will then be in contact with you and will forward all additional information. We look forward to hearing from you and having you join us in July. Have a great spring!

Sincerely,

Scott Browning
Camp Director

6:00 p.m. Skill Session
6:30 p.m. Instructional Practice
9:00 p.m. Guest Speaker/Highlight Film
11:00 p.m. Lights Out

*** Coaches Corner each evening with refreshments!**

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The camp will begin Sunday, July 16th, 2006, and run through Wednesday, July 19th, 2006. The cost of the camp will be as follows:

Resident (Includes housing, meals, camp T-shirt and use of all facilities).....\$130.00

Commuter no meals (Includes camp T-shirt and use of all facilities).....\$70.00

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The following itinerary will give you a general understanding of how a day at the camp will be organized:

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7:00 a.m. Wake –up
7:30 a.m. Breakfast
8:15 a.m. Meet
9:00 a.m. 7 on 7 Competition
11:00 a.m. Free time
11:30 a.m. Lunch
1:00 p.m. Meet
1:30 p.m. 7 on 7 Competition
3:30 p.m. free time
5:00 p.m. Dinner