**OXFORD PARK N REC HOSTS**

 **JOE STOCHMAL FOOTBALL CAMP**



**REGISTRATION: SIGN UP AT OXFORD PARK & REC**

**DATES:** **JULY 26th to JULY 29th (Monday – Thursday)**

**TIME: 9:00am to 11:30am**

**LOCATION:** **OXFORD HIGH SCHOOL WOLVERINE FIELD**

**AGES:** **7 TO 16**

**COST:** **$150**

 **\*\*$50 Discount for registered Pop Warner and Flag Football players. Must show proof of registration.**

ALL COVID-19 GUIDELINES FOLLOWED

**CAMP SCHEDULE:**

9:00 AM - ATTENDANCE & DYNAMIC STRETCH

9:15 AM - AGILITY STATIONS

1. SPEED LADDERS
2. AGILE BAGS
3. CONE DRILLS
4. HURDLE DRILLS

9:30 AM - H2O

9:35 AM - OFFENSIVE INDIVIDUAL STATIONS (QB/RB/WR/OL)

10:00 AM - H2O

10:05 AM - DEFENSIVE INDIVIDUAL STATIONS (DB/LB/DL)

10:30 AM - H2O

10:35 AM - COMPETITIONS / TEST AND MEASUREMENTS

1. TENNIS BALL RELAY
2. MEDICINE BALL RELAY
3. MOVE THE MOUNTAIN
4. 40 YARD DASH
5. PRO AGILITY SHUTTLE
6. ACCELERATION/DECELERATION
7. 7 VS 7
8. 4 DOWN FOOTBALL

11:25 AM - CAMP DISCUSSION

11:30 AM - CAMP DISMISSED

Campers are asked to wear shorts, t-shirt, and cleats. Following CIAC guidelines, it is recommended that campers bring their own water bottles. Gatorade will be provided to fill camper's water bottles, when necessary.

 **CAMP WORKERS BIO**

**JOE STOCHMAL**

**HEAD FB COACH OXFORD HS (14 YRS)**

**OFFENSIVE COORDINATOR HILLHOUSE HS (10 YRS)**

**RB / WR COACH - SCSU (2 YRS)**

**PROFESSIONAL QB GFL - BRAUNSCHWEIGH LIONS (1 YR)**

**COLLEGIATE QB - SCSU OWLS (4 YRS)**

**HS QB - SEYMOUR HS (4 YRS)**

**JOSH HARRIS**

**DEFENSIVE COORDINATOR OXFORD HS (8 YRS)**

**COLLEGIATE OL - AVERETT COLLEGE (1 YR)**

**HS OL/DL - HILLHOUSE HS (4 YRS)**

**DAVE JUREWICZ**

**OL/DL COACH OXFORD HS (2 YRS)**

**HEAD FB COACH CROSBY HS (8 YRS)**

**COLLEGIATE OL - FITCHBURG U (1 YR)**

**HS OL/DL - KENNEDY HS (4 YRS)**

**KEEROME LAWRENCE**

**OWNER EXTRA YARD COLLEGE PREP PROGRAM - (5 YRS)**

**COLLEGIATE QB/WR - GEORGETOWN UNIVERSITY (4 YRS)**

**HS QB - HILLHOUSE HS (4 YRS - STATE CHAMPION)**