

2010 Rambler Football Skills Camp Application

NAME: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ WORK: (\_\_\_\_) \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_  
PHONE:(\_\_\_\_) \_\_\_\_\_  
EMERGENCY CONTACT: NAME \_\_\_\_\_  
AGE: \_\_\_\_\_ GRADE IN FALL'10: \_\_\_\_\_ SCHOOL YOU ATTEND: \_\_\_\_\_  
T-SHIRT SIZE: YOUTH: M L ADULT: S M L XL XXL  
E-MAIL ADDRESS (Please write legibly): \_\_\_\_\_

WAIVER: I understand that neither Cathedral Prep nor anyone associated with the Rambler Football Skills Camp will assume any responsibility for accidents that may occur to my child as a result of participating in camp activities. The camp reserves the right to send any camper to the hospital for diagnosis or treatment. I knowingly assume all responsibility. The camp also reserves the right to send any camper home for inappropriate behavior.

PARENTAL SIGNATURE: \_\_\_\_\_

*Camp at New Location*



Cathedral Prep Events Center  
*Home of the Ramblers!*

**FACILITIES:** The skills camp utilizes Cathedral Prep's State-of-the-art Events Center and Stadium.

**DIRECTIONS:** The Cathedral Prep Events Center is located on West 12th and Cherry Streets. Access to the Center and daily drop off is on Walnut Street in the cul-de-sac; (one block East of Cherry Street, turn South off of 12th Street on to Walnut Street).

**REGISTRATION & COST: \$120 PER CAMPER.** Fee covers four days of football instruction, a camp T-shirt, and ticket to the Save-an-Eye All Star Football Game for every camper. There is a \$20 discount per camper *for cash payment if paid by cash or money order and paid by July 1st.*

Make check or money order payable to: **MIKE MISCHLER**  
Complete the attached registration and liability waiver, and mail or deliver it with your check or money order to:

Cathedral Preparatory School, 225 West 9<sup>th</sup> Street,  
Erie, PA 16501 ATTN: FOOTBALL CAMP.

\*\*Registration deadline July 1st, 2010.\*\*

*Mike Mischler's*  
**2010  
Rambler Football  
Skills Camp**



*New* **Held at the  
Cathedral Prep  
Events Center  
(12th & Cherry Streets)**

*Home of the Ramblers!*

**July 19th - 22nd, 2010**

**9:00am - 3:00pm**

**Open to boys entering  
Grades 2-9 in Fall 2010**

**PURPOSE:** The purpose of the camp is to provide participants the opportunity to improve skills and learn to truly appreciate the sport of football. Under the guidance of the Rambler Football Staff and other selected coaches and players, it is our goal that each camper will come away with a greater comprehension of the game of football and why it is the greatest game played. Lectures, demonstrations, and drill sessions are presented daily along with games, contests and other football-related activities. Our camp is designed with the young football athlete in mind. We sincerely believe that the focus on the development of fundamentals and personal attention given to each player by our staff will accelerate his natural ability and enable him to perform closer to his maximum potential as a player and person - all in a structured and fun environment.

**CAMP STAFF:** Coach Mischler is proud to have the assistance of members of the Cathedral Prep Coaching Staff assist with the instruction. Also, campers will have the opportunity to learn from Rambler football players who work the camp as well. The ultimate goal is to provide the best instruction possible utilizing the knowledge and talents of the whole Prep football community.



*Cathedral Prep Head Coach Mike Mischler*

#### **Mischler Profile:**

Head Coach at Prep for 8 Seasons (.720 winning percentage)  
 2000 PIAA – AAAA State Champions  
 2000 Team Ranked # 1 in nation Highwire.com  
 2000 Team Ranked # 2 in nation ESPN.com  
 2000 Team Ranked # 4 in nation USA Today  
 2000 Schutt National High School Coach of the Year  
 2000 District 10 Coach of the Year  
 1999 PIAA – AAAA State Runner-Ups  
 1999 Team Ranked # 9 in nation – USA Today  
 1999 Pittsburgh Steelers/Staples Coach of the Year  
 Six District 10 Championships  
 Six Metro-League or Region 6 Championships  
 11 Consecutive Playoff Appearances  
 86 Former Players have Played Football at the Collegiate Level



## **General Information**

### **What age group is the camp intended for?**

Boys who will be entering grades 2, 3, 4, 5, 6, 7, 8 and 9 in the fall of 2010 are eligible.

### **What should I wear/bring?**

Shorts, T-shirt, football cleats (bring sneakers, too). Also, bring lots of energy, enthusiasm, and a fun-loving attitude to improve at the game of football.

### **Where do I drop off/pick up my camper?**

Drop off on Walnut Street in cul de sac (one block East of Cherry Street--turn South off of 12th St. on to Walnut Street)

### **Can I watch the practices?**

Yes, parents are welcome to watch all on-field activities (from the stands)

### **What if it rains?**

The camp will proceed rain or shine.

### **Is lunch provided?**

No, lunch is not provided. Campers are encouraged to purchase their lunch at the Prep concession stand or they may pack a lunch.

Any further questions, please contact the Cathedral Prep Athletic Office at (814) 453-7737 x 2277

## **Goals of the Rambler Football Skills Camp**

**THE QUARTERBACK** - Ball handling, passing, pass drops, field generalship and strategy.

**THE RUNNING BACK** - Ball carrying, blocking, faking, and pass receiving.

**THE DEFENSIVE BACK** - Tackling, keying, pass defense (man-to-man and zone).

**THE WIDE RECEIVER & TIGHT END** - Releases, patterns, receiving, ball carrying and blocking.

**THE OFFENSIVE LINEMEN** - Stance, explosion, pulling, trapping and basic run & pass blocking.

**THE DEFENSIVE LINEMEN** - Stance, reading, reaction, slant and stunt techniques, pass rush and tackling.

**THE INSIDE LINEBACKER** - Stance, keying, reaction, pursuit, tackling and pass defense techniques.

**THE OUTSIDE LINEBACKER** - Stance, reading, reaction, shed technique, option play and pass defense.

**THE KICKING GAME** - Punting, extra point, kickoff, field goals and long snapping.

**EVERY CAMPER WILL BE INSTRUCTED IN** - Agility, Flexibility, quickness, strength & speed training.



**2009  
CAMP  
PHOTO**