

Reasons to Attend our Football Camp

- Our Pros will coach at the Camp
- We will teach skills, not games.
- Speed and agility will be a part of the morning session every day.
- Free Autographed T-Shirt
- Early drop off and late pick-up is available for only an additional \$25.
(8:00 AM-9:00 AM and 3:15PM-4:00PM)
- Contests with prizes will be given every day!



Indoor Sports Pavilion has two full football fields in a climate controlled environment.

Any questions about the camp contact:

Chadd Braine braine24@gmail.com
Co-Director 973-570-3531
Jeff Walder jwalder@indoorsportspavilion.com
Co-Director 973-895-4007

Place
Stamp
Here

First and Goal Sports
16 West Hanover Avenue
Randolph, New Jersey 07869
973-895-4007

First and Goal Sports

Presents their Annual

Youth Football Camp

Targeting football players
entering grades 2-8.

Featuring appearances by former
NY Giants
Offensive Lineman
#72 Roman Oben
and
Defensive Back
#36 Shaun Williams

July 23rd—July 27th 2012

STAFFING THE CAMP WILL BE COLLEGE COACHES
AND CURRENT COLLEGE FOOTBALL PLAYERS.

The Indoor Sports Pavilion
16 West Hanover Avenue
Randolph, New Jersey 07869
973-895-4007

Be Ready For Training Camp!

Pro Appearances

About Roman Oben

After being drafted in the 3rd round of the 1996 draft by the NY Giants, Oben started over 90% of his games during his 12 year career. Oben's resume includes stops with the New York Giants, Cleveland Browns, Tampa Bay Buccaneers and the San Diego Chargers. He was the starting left tackle on Tampa's 2002 Super Bowl Team. Currently, he is WFAN pre-game host for the New York Football Giants and very active in the community. Oben is also the main color analyst for the Madison Square Garden Varsity Network. He earned his master's degree in public administration from Fairleigh Dickinson University in 2001.

About Shaun Williams

Williams was selected 24th overall by the New York Giants in the 1998 NFL Draft and worked with the nickel defense and special teams units for two years before moving into a starting role. He played for the Giants for 8 years and completed his career with the Carolina Panthers in 2006. All told, he had 347 tackles, 4.5 sacks, 15 interceptions and three forced fumbles in nine years in the NFL. He is currently the secondary coach for William Paterson University where he has made a big impact on the Pioneer defense. Shaun's willingness to share his knowledge on and off the field has helped William Paterson, ranked first in the New Jersey Athletic Conference (NJAC) in passing yards per game (129) and also in passing yards per attempt (5.9) during the 2011 season.

Camp Details

Daily Schedule

Monday-Thursday

- 8:00 Early Drop Off Time (Nominal Charge)
- 9:00 Stretch/Speed/Agility Drills
- 9:45 Offensive Positions
- 10:15 Defensive Positions
- 10:45 Small Group Drills Offense vs. Defense
- 11:15 End of Practice Contest
- 11:30 Lunch (Drinks will be available for purchase)
- 12:30 Video/Guest Speaker/Autographs
- 1:15 Second Session Begins—Stretch-Warm-Up
- 1:30 Offensive Positions
- 2:00 Defensive Positions
- 2:30 Small Group Drills Offense vs. Defense
- 3:00 End of Practice Contest
- 3:15 Pick-Up
- 4:00 Extended Pick-Up (Nominal Charge)

Last Day Friday July 27th

- 8:00 Early Drop Off Time (Nominal Charge)
- 9:00 Stretch/Speed/Agility Drills
- 9:45 Offensive Position Review
- 10:00 Defensive Position Review
- 10:15 Group Practice
- 10:30 Flag/Airforce Football Tournament
- 12:00 Awards Ceremony
- 12:30 Camp Closing

Players will be grouped by age: 6-8, 9-11 and 12-14. Players can be moved up a group based on skill level or size. Certified trainers will be on staff. Football cleats are the only equipment needed for camp.



Each camper will be provided an autographed camp T-shirt. Additional t-shirts will be available for purchase. The camp will be limited to the first 200 players who sign up with their deposit. The early bird discount is \$25. The early bird deadline is May 15th. A signed waiver will be required prior to participation in the camp. For a copy of the waiver, click on the following link:

<http://www.indoorsportspavilion.com/Pages/forms.htm>

Name _____

Address _____

City State, Zip _____

Phone Number _____

Email Address _____

T-Shirt Size _____

Position _____

Grades entering Fall 2012 _____

We accept Discover, Visa and Master Card
Credit Card:# _____

Exp Date: _____

Print Name that appears on card: _____

Price includes camp t-shirt \$325

Early Bird Discount \$300

Extended Supervision \$25

\$100 Deposit Required to secure a spot.

Make Checks Payable to First and Goal Sports
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