



# NORFOLK ACADEMY FOOTBALL SKILLS AND CHARACTER CAMP



Our football camp is designed for student athletes in rising grades 5<sup>th</sup> – 8<sup>th</sup> and all skills and drills will be age appropriate. We welcome players who play any position with any level of football experience, including beginners.

**Dates:** July 24-27, 2017 (Monday through Thursday)

**Time:** 6:00 PM to 8:30 PM (We start on time!)

**Location:** Norfolk Academy Football Stadium / Turf Field

**Cost:** \$110.00 (Please Register Online, Walk-Ins pay by check only)

**Camp Staff:** Steve Monninger - Head Football Coach Norfolk Academy and other Norfolk Academy Varsity Coaches.

**What to Bring:** Wear comfortable athletic shorts and shirt. Bring cleats, sneakers and a full water bottle. If you are a quarterback, you are encouraged to bring your own football. This is a non-contact, no equipment needed camp.



## Register:

This camp is part of **Summer at the Academy**. Please register at [www.norfolkacademy/summer](http://www.norfolkacademy/summer)  
Registration Questions? Please Contact Joan Williams at [summer@norfolkacademy.org](mailto:summer@norfolkacademy.org)  
Football Questions? Please Contact Coach Monninger at [smonninger@norfolkacademy.org](mailto:smonninger@norfolkacademy.org)



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## Football Skills

Each camper will play a position on both sides of the ball. Players will be trained on offense as an OL, WR, RB or QB and on defense as a DL, LB or DB. All players will learn position specific footwork and will also go through our “heads up” tackling curriculum. Basic offensive and defensive schemes will be implemented so that the players can come together and compete in 1 on 1’s and 7 on 7 games.

## Character Skills:

Beyond football skills, this camp will provide each camper the opportunity to improve their character. Campers will learn to respect the game of football and practice good sportsmanship by doing daily activities that range from looking a coach in the eye to the shaking hands properly after a game. Also, during each session there will be a **Character Theme** that will be discussed and exercised.

- **Monday: Positive Enthusiasm** – Campers will be taught the spirit of football, the importance of encouragement and having a positive attitude.
- **Tuesday: Selflessness** – Campers will be taught the value of putting the team before the individual and understanding how personal choices can affect others.
- **Wednesday: Gratitude** – Campers will be taught the essence of thankfulness, compassion and the importance of family in their lives.
- **Thursday: Toughness** – Campers will be taught the role of resilience, grit, determination and work ethic on and off the field.

## Meet The Coach:

Coach Monninger took over the reins as head Football Coach at Norfolk Academy in the fall of 2011. Coach Monninger has transformed the culture of the program while amassing an overall record of 32-28 with two “7 win” seasons during his tenure. Coach Monninger has been recognized as the TCIS Coach of the Year four times and during the fall of 2016, the team won its first TCIS championship in eight years. Prior to coming to Norfolk Academy, Coach Monninger spent much of his coaching career at his alma mater, Middlebury College in Vermont, while serving as Defensive Coordinator for his last 6 seasons. A native of Westfield, NJ, Coach Monninger is honored to use football as a platform to mold the character of young men in an academically rigorous setting.

