



International Student Athlete Academy (ISAA) Football Team Camp provides high school football coaching staff and teams with a challenging, affordable, exciting, and fun-filled atmosphere for developing skills, camaraderie, and team building. For four days, players will go through position drills led by College Football Coaches. Camp will also offer coaches and their team a unique opportunity to enhance their programs and prepare for their upcoming season. Through team instruction and practice time, camp is designed to develop the individual player as well as the team. **Helmets are required for all Campers and shoulder pads for linemen.**

**ISAA Football Team Camp
Tentative Camp Schedule**

Day #1	
10:00AM	Arrival to Mercubrug
10:00AM – 11:00AM	Player/Team Room Check-In/ ISAA Camp Meeting Camp Expectations
11:00AM – 1:00PM	Individual Combine Testing
1:00PM – 2:00PM	Lunch
2:00PM – 2:45PM	Free-Time/Rest (GET OFF YOUR FEET)
3:00PM – 5:00PM	Skills and Drills w/ College Coaches
5:15PM – 6:30PM	Dinner
6:30PM – 7:15PM	Free-Time/Rest (GET OFF YOUR FEET)
7:30PM – 8:30PM	Speed Workouts
8:45PM – 9:30PM	Team Practice
9:30PM – 11:00PM	Optional Coaches Choice – Team Meeting/Campers Free-Time
11:00PM	LIGHTS OUT!!!

Day #2	
7:00AM – 8:00AM	Breakfast
8:15AM – 9:00AM	Team Practice
9:15AM – 10:00AM	One on Ones (WRs vs. DBs/ RBs vs. LBs/ OL vs. DL)
10:15AM – 11:30AM	Pass Skell (offense/defense)
11:45AM – 1:00PM	Lunch
1:00PM – 2:00PM	Free-Time/Rest (GET OFF YOUR FEET)
2:30PM – 3:45PM	Team Practice
4:00PM – 5:00PM	7 on 7 / Linemen
5:15PM – 6:30PM	Dinner
6:45PM – 7:00PM	Free-Time/Rest (GET OFF YOUR FEET)
7:15PM – 8:30PM	7 on 7 / Linemen
9:30PM – 11:00PM	Optional Coaches Choice – Team Meeting/Campers Free-Time
11:00PM	LIGHTS OUT!!!

Day #3	
7:00AM – 8:00AM	Breakfast
8:15AM – 9:00AM	Team Practice
9:15AM – 10:00AM	One on Ones (WRs vs. DBs/ RBs vs./ LBs OL vs. DL)
10:15AM – 11:30AM	Pass Skell (offense/defense)
11:45AM – 1:00PM	Lunch
1:00PM – 2:00PM	Free-Time/Rest (GET OFF YOUR FEET)
2:30PM – 3:45PM	Team Practice
4:00PM – 5:00PM	7 on 7 / Linemen
5:15PM –6:30PM	Dinner
6:45PM – 7:00PM	Free-Time/Rest (GET OFF YOUR FEET)
7:15PM – 8:30PM	7 on 7 / Linemen
9:30PM – 11:00PM	Optional Coaches Choice – Team Meeting/Campers Free-Time
11:00PM	LIGHTS OUT!!!

Day #4	
8:00AM – 9:00AM	Breakfast
9:15AM – 10:00AM	Team Practice
10:30AM – 12:00PM	7 on 7 / Linemen
12:15PM – 1:00PM	Lunch
1:45AM – 3:00PM	7 on 7 / Linemen
3:00PM – 4:00PM	Room Check-Out
4:00PM – 5:00PM	Dinner/Camp Wrap-up
5:00PM	Departure

Camp Fees

Camp price covers housing, meals and camp registration. Camp enrollment is limited – early registration is recommended.

Pricing:

Individual Camper/Player \$350 **Coaches 2** are free (any addition \$150 per Coach)

Team Discount Rates

5 – 9 Players \$300 per player **10 or more Players** \$275 per player

To reserve a spot for your teams or players Contact Antowine Graham by Email Twiz81@hotmail.com or 215 266 6206 By April 22, 2011 with half of your team or players fees.

Make checks payable to:

ISAA Team Football Camp. 4160 Monument Ave suite 112 Phila. Pa 19131



**2011 ISAA 7 on 7/ Lineman Challenge Team Football Camp
from July 21, thru July 24**

**Mercersburg Academy
300 East Seminary Street, Mercersburg, PA 17236**