



Liberty Football Camp June 15- June 18

**2008 PIAA
Pennsylvania
AAA State
Champions**

Campers will receive the following:

Nike Hat
Camp T-Shirt

Sports drinks during the day
Picnic on the last day of camp

Our goal is to ensure that you have the most rewarding football camp experience possible. Participants will improve basic skills and learn the techniques of football from local high school and college coaches. In addition to the on-field instruction in fundamentals, strength, and conditioning, camp attendees will receive daily lessons in the importance of off-field behavior. Topics to be covered will include leadership, sportsmanship, peer pressure, and commitment. We invite you to experience this rewarding and unforgettable camp first hand.

Matt Senneca
610-442-8929 pass
happytd@yahoo.com
Mike Cerimele
610-580-5756
mcerimele@velocitysp.com
Jim Tkach
484-225-2706 botytris@ptd.net

Camp Waiver

Campers are admitted to Liberty Football Camp under the conditions that they and their parents warrant that the child or children will abide by all rules and conditions of the camp authorities. Should the child be dismissed, either for infraction of the rules or for any other reason, fee will not be refunded. Notification of acceptance of applications and applicant will be by mail from a Liberty Football Camp Staff member.

Mail Registrations to:

Jim Tkach
410 E. Washington St.
Slatington, PA 18080

**Make checks payable to:
Liberty Football Camp**
*If using a Credit Card we
accept both Visa and
Mastercard. We will need you
to provide your card number,
expiration date, 3 digit code, as
well as name and full address.
Thank You.*

What Campers need to bring:

Campers should wear comfortable clothes to work out along with appropriate shoes (**NO METAL SPIKES!!**). Every camper should bring a sweatshirt and a bag lunch. Camper might want to bring an extra t-shirt and socks in case it rains. We will be on turf and can practice in the rain as long as there is no lightening. *All personal items should be marked with the campers name. **Liberty Camp is not responsible for lost or damaged articles. Please leave personal items (ipod, cell phone, etc.) at home to avoid any problems***

Daily Schedule (Normal Day)

Arrive 8:45-9 a.m.
9-9:10 - Attendance and report to Groups
9-9:30 - Warm-up and Speed Camp
9:30-9:45 - Offensive Fundamentals
9:45-10 -Offensive Group
10-10:15 - Pass Game Fundamentals
10:15-10:30 - Position Competition
10:30-10:45- Break, off your feel, drink
10:45-11:15 - Special Team Work—Stations
11:15-11:45 - Guest College Coach to speak
Lunch until 12:30 p.m.
12:30-1 - College or Pro Highlight Video
1:10-1:20 - Dynamic Warn-Up
1:20-1:35 - Defensive Fundamentals
1:35-1:50 - Pass Defense
1:50-2 - Break and Water
2-2:45 - Ultimate Football
2:45-3 - Unusual Situations...Don't Get Fooled on the Field
3-3:10 - Post Practice Stretch
3:10-3:25 - RAK Training—Teaching Random Acts of Kindness to Football Players. Building young men with manners
3:25-3:30 - Clean up and Dredge
3:30 - Parent Pick-up at Gate Area

**Liberty
High School
Frank Banko Field
\$175 Enrollment Fee
Ages 7-14**

DIRECTORS

Mike Cerimele

1993 State Champion—Two Time District Champion, 3 Time League Champion, USA Today All American Big 33 Selection
3 year starter at Fullback for Penn State, Fiesta Bowl, Outback Bowl, Alamo Bowl Champion, Led Team in TD's in 1998, PSU
Team Co-Captain 2000, Between 2000 and 2002 Mike played for the Washington Redskins, Detroit Lions, Amsterdam Admirals
(NFL Europe), and played the 2002 season for the Tampa Bay Buccaneers.

Matt Senneca

First Team All State Strong Safety 1997, USA Today All American, Big 33 Team Captain, Penn State starting QB 2001, PSU Co-
Captain 2001, Outback Bowl, Alamo Bowl Champion, QB Coach, Liberty High School.

Jim Tkach

Assistant Coach, Strength and Conditioning Coach at Lehigh University 1981, In 14 years at Northern Lehigh Jim led the Bulldogs to
4 Colonial League Titles, 2 District Championships, two appearances in the Eastern State Final and one appearance in the State
Championship game in 2003, 4 Time Colonial League Coach of the Year, District XI and PA Coach of the Year in 2003, Coached 14
different All-State Players. McDonalds Hall of Fame inductee in 2003, Football Ambassador of the Year in 2004, Director of the Nike
Clinic Eastern PA Coach of the Year Clinic, Son Bo was an All-State selection, Son Ty is a sophomore TE for the University of
Pittsburgh.

Timothy Moncman

University at Albany, Lehigh University, Moravian College, Southern Lehigh, Liberty Coach 9 years 83-31 (3 District Titles, 2 LVC
Titles, 1 State Title), Lehigh Valley Hall of Fame

PLEASE DETACH AND REMIT

Name _____

Address _____

Home Phone _____ Emergency Phone Number _____

Date of Birth _____ Age at camp _____ T-Shirt Size _____

School _____ Grade going into _____ Position _____

Parent or Guardian Signature _____

Check #: _____ Mastercard/Visa Number _____ Exp _____ Sec _____

3 digit SEC code on back of Credit Card