



2023 Gridiron of Champions Team Summer Camp Details

Date: June 16-19,2023

Steve Gervais is a native of the State of Washington and has coached high school football for over 30 years. He was a Head Football coach at four different high schools and was an assistant coach for one year at the University of Washington. Over the years of competing, a common denominator for his teams was attendance at a summer Team Camp. He is now the owner and director of Steve Gervais Academy and has been conducting football team camps the past eleven years. While at camp, the player's skills improved, team unity was strengthened and an attitude and belief developed that anything was achievable. It is for this reason, Steve created the "Gridiron of Champions" Team Football Camp. His goal is to enable both the coaches and individual athletes to develop team skills and the mental edge to compete for a championship season.

THE BASICS

Gridiron of Champions is a full contact camp for high school football programs. Steve Gervais Academy, in collaboration with PLU Football, will be hosting the 2023 Team Camp at Pacific Lutheran University in Tacoma.

This year's camp will offer teams and campers either an overnight or a commuter camp experience. The first day of camp will commence on Friday afternoon/evening, June 16th 2023. Some teams will still be in school, so check-in, practice and dinner will be determined once we know when teams are arriving.

Saturday, June 17th, PLU will be offering an Individual Skills and Drills Camp in the morning for individual players who would like to participate. (\$75/per person). That afternoon, PLU will have 11 on 11 Pass/Run scrimmages with college coaches observing those players in attendance. The choice will be to either attend the PLU scrimmage session or attend the regular SGA camp schedule with practice and matchups.

Sunday, June 18th, regular camp session with breakfast, practice and matchups. The afternoon will consist of lunch, practice, and dinner followed with our 7 on 7 competition and team building.



Monday, June 19th, is the final day and we will have breakfast followed by practice and the Ludus Championship. After lunch is the final scrimmages and dorm checkouts immediately thereafter.

ON THE FIELD

Throughout the camp, individual instruction will be provided by the athlete's high school coaching staff. This allows the coaches from each high school to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes. Following individual instruction, each team will be involved in a team session where teams will be competing against another team.

AFTER PRACTICE

Certified athletic trainers will be on site for all practices and will be available to assist athletes 24 hours per day. Evening activities include: 7 on 7 competitions, lineman challenges and team building activities.

LOGISTICS

Resident campers will not be permitted to leave camp at any time except by permission of the Camp Director and their Head Coach. The final day of camp will conclude with teams scrimmaging one another. Family members and friends are invited to attend the last day of camp to support teams during scrimmages. At the conclusion of the final day of camp, athletes and coaches will return to pack, clean and check out of their dorm. A staffer must approve your room (if any damage assessment) and confirm that all keys are turned in.

PHYSICALS & INSURANCE

All camp participants are required to provide a current non-returnable physical fitness release from their physician. Athletes will also be required to provide emergency contact information to participate. **Athletes will NOT be permitted to participate without all forms filled out completely with current information and turned in at time of registration.**



WHAT TO BRING:

<ul style="list-style-type: none"> • Towels, washcloth 	<ul style="list-style-type: none"> • Personal toiletries • Football shoes
<ul style="list-style-type: none"> • Soap, sunscreen • Spending money 	<ul style="list-style-type: none"> • SLEEPING BAG OR BEDDING/PILLOW

<ul style="list-style-type: none"> • Rental equipment will NOT be available

DAILY SCHEDULE FOR JUNE 16-19TH
(*FRIDAY JUNE 16TH SCHEDULE TBD)

MORNING SCHEDULE June 17-18	AFTERNOON SCHEDULE (June 17 See below*) June 18th
9:00 AM Coaches Meeting	2:15 PM Team Stretch
9:30 AM Team Stretch	3:15 PM Team Period
10:30 AM Team Period	4:15 PM Ludus
11:15 AM Ludus	
11:45 AM Lunch	

***Saturday June 17th, teams participating in PLU scrimmages will receive a schedule at camp.**

MONDAY, JUNE 19TH

7:45 AM Coaches Meeting	12:00 PM Team Warm-Up
8:00 AM Team Warm-Up	12:15 PM Scrimmage Session 1
8:45 AM Team Match-Ups	12:45 PM Scrimmage Session 2
9:30 AM Ludus Championship	1:15 PM Scrimmage Session 3
10:00 AM Lunch	1:45 PM Scrimmage Session 4