



STEVE GERVAIS

425.246.9362

steve@sgafootball.com

2024 Gridiron of Champions Team Summer Camp Details

Date: June 21-24, 2024

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 twelve 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 2024 Team Camp at Pacific Lutheran University in Tacoma.

This year's camp will commence on Friday, June 21, 2024 and end on Monday, June 24, 2024. Teams will either be staying overnight in campus housing or will be commuting from their respective schools. Campers and staff will take meals in the Commons Dining Hall and daily meals are included in the cost of the camp.

Monday, June 24th, is the final day and scrimmages will begin at 9:30 am and end at 11:30 am. Families and friends are invited to attend! Dorm checkout immediately after.

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. During this time, teams will have an opportunity to compete and scrimmage against one another.

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. 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 for 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

MORNING SCHEDULE	AFTERNOON/EVENING SCHEDULE
7:00 AM Breakfast	2:15 PM Team Stretch
8:30 AM Coaches Meeting	3:20 PM Break
9:00 AM Camp Meeting	3:30 PM Team Period
9:15 AM Team Stretch	4:45 PM Dinner
10:15 AM Break	6:30 PM 7 on 7 /Lineman Challenge
10:30 AM Team Period	10:30 PM In Rooms (Lights out-11PM)
11:40 AM Lunch	