

# 5th Annual GI Jamboree at GINW

**REVISED**

**9:30 -11:30 am      Workout #1**

11:30 am Coaches Meeting & HyVee Pulled Pork provided by GINW.

**12:45 - 2:45 pm      Workout #2**

2:45 pm Coaches Meeting & Little Cesars provided by GINW.

**4:00 - 6:00 pm      Workout #3**

6:00 pm Grilled Hamburgers / Hot Dogs

**Suggested General Workout Format:**

30 Minute Team Prep.

60 Minute Group and Team Competition.

30 Minute Team Correction.

~ Certified Athletic Trainer on site.

~ Catastrophic Insurance through: Dissinger Reed.

~ It is recommended that each player have primary insurance to participate.

~ Each player must bring needed equipment.

## **Camp Registration Form**

Coaches please collect & mail (or bring on June 6) your teams registrations and \$50 fee to Coach Stein

**Make Checks payable to "NWHS - Football" ... Give forms & money to your Head Coach.**

Name: \_\_\_\_\_ School: \_\_\_\_\_ Fall Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone#: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Emergency Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## **Medical Release**

*I hereby authorize the members of the coaching staff of the GI Jamboree to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the camp's personnel from any liability for any injuries or illnesses incurred while attending the GI Jamboree.*

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Medical Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

**Videos / Pictures / Forms for GI Jamborees can be viewed at:**

<http://bit.ly/22Jamboree>

**Sleep Inn 308-381-8111**

1716 Diers Ave

Grand island,be

Price—129.00 + tax

\*\* needs confirmed by \_\_\_\_\_ - Rooms will be blocked off for Jamboree Teams

**Fairfield Inn 308-381-8980**

805 Allen Dr

Grand Island me

Price—124.00 plus tax

\*\* needs confirmed by \_\_\_\_\_ - Rooms will be blocked off for Jamboree Teams

**Days Inn 308-210-9541**

2620 N Diers ave

Grand island, be

Price—117.42 plus tax

\*\* needs confirmed by \_\_\_\_\_ - Rooms will be blocked off for Jamboree Teams

All locations have breakfast and free internet.

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**This is what we like to happen for all GINW Workouts.**

*This is not set in stone but starts us off at a solid place to work from.*

Workout #1 (3 hours)

- Little form tackle
- Open field tackline & Oklahoma (30 min)
- More half line/field & Group work than scrimmage.
  - 30 min half line/field.
  - 30-60 min Inside/Outside Game.
  - 30 min Scrimmage.

Workout #2 (3 hours)

- Little Open Field Tackline & Little Oklahoma.
  - 30 min half line/field.
  - 30-60 min Inside/Outside Game.
  - 30 min Scrimmage.
  - 30 min Green Zone (Offense going in).

Workout #2 (2.5 hours)

- NO Open Field or Close Tackling drills.
  - 30 min Inside Game Blitz Pass Protection & Green Zone Pass (Offense going in).
  - 30 min Inside/Outside Game.
  - 30 min Scrimmage.
  - 30 min Red Zone (Offense coming out).
  - 30 min Green Zone (Offense going in).

Workout #2 (2 hours)

- NO Open Field & Little Oklahoma
  - 30 min Inside Game Blitz Pass Protection & Green Zone Pass.
  - 30 min Inside/Outside Game
  - 30 min Scrimmage
  - 30 min Fast as possible.