



## **Football BC Provincial Identification Camps Schedule**

(updated January 19, 2012)

### **Open to all football players at the appropriate age in British Columbia**

All players must arrive 30 minutes before the tryout start time to register and pay the \$10 tryout fee and complete bench reps. Helmets and shoulder pads are required for each player in the second half of the tryout. No pads are required for Prep to be the Best participants.

Please bring appropriate clothing and footwear for indoor and outdoor workouts. If the weather is permitting, evaluations may take place outside.

#### **Vancouver Island (Nanaimo) – Sunday, January 29**

Merle Logan Field

2253 Dorman Rd. (one block north of North Field Rd.)

Team BC tryouts: 4 pm to 6 pm

Prep to be the Best: 6 pm to 7:30 pm

Senior Bowl tryouts: 6 pm to 8 pm

#### **Northern BC (Prince George) – Saturday, February 4**

University of Northern British Columbia

3333 University Way

Team BC tryouts: 11 am to 1 pm

Prep to be the Best: 1 pm to 2:30 pm

Senior Bowl tryouts: 1 pm to 3 pm

#### **Lower Mainland (Richmond)**

Sportstown Sports Complex

4991 No. 5 Road

Senior Bowl tryouts: 6:30 pm to 8:30 pm **(Saturday, February 4)**

Prep to be the Best: 6:30 pm to 8 pm **(Saturday, February 4)**

Team BC tryouts: 6:30 pm to 8:30 pm **(Saturday, February 11)**

#### **Okanagan (Kelowna) – Sunday, February 12**

Capital News Centre

4105 Gordon Drive

Team BC tryouts: 2:30 pm to 4:45 pm

Senior Bowl tryouts: 2:45 to 4:45 pm

Prep to be the Best: TBA

*\*more on page 2\**

**Football BC on the Internet:** <http://www.playfootball.bc.ca>

Phone: 604.677.1025

Office Address: #222 – 6939 Hastings, Burnaby, BC

Mailing Address: #434 6540 Hastings, Burnaby, BC, V5B 4Z5

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[facebook.com/footballbc](https://www.facebook.com/footballbc) | [twitter.com/football\\_bc](https://twitter.com/football_bc)



**Vancouver Island (Victoria) – Sunday, February 19**

Bear Mountain Stadium at City Centre Park

1089 Langford Parkway

Team BC tryouts: 12 pm to 2 pm

Prep to be the Best: 2 pm to 3:30 pm

Senior Bowl tryouts: 2 pm to 4 pm

**Fraser Valley (Abbotsford)**

WJ Mouat Secondary School

32355 Mouat Drive

Team BC tryouts: 4 pm to 5:30 pm **(Monday, February 20)**

Prep to be the best: 4 pm to 5:30 pm **(Tuesday, February 21)**

Senior Bowl tryouts: 4 pm to 5:30 pm **(Tuesday, February 21)**

**NOTE FOR INTERESTED SENIOR BOWL PARTICIPANTS:**

If you were named a Provincial All-Star (AA or AAA) by BC High School Football in 2011 **OR** you were named to the Star Bowl team by BC Community Football **AND** you are currently in Grade 12, you are automatically invited to Senior Bowl camp.

Please confirm your attendance Senior Bowl camp by emailing [communications@playfootball.bc.ca](mailto:communications@playfootball.bc.ca) by **January 31, 2012**.

The 2012 Senior Bowl camp will take place during Spring Break week in March. The camp portion will run from Tuesday, March 20 to Friday, March 23 at the BC Lions Training Facility located in Surrey with the Senior Bowl game to take place on Saturday, March 24 (location TBD).

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## Tryout Descriptions and Camp Information

### **Prep to be the Best** *(For players currently in Grade 8 or 9)*

An early football camp that is aimed at identifying some of the best players early and sending a message to those players that they need to be doing more to reach the Team BC level and so on. The hope is that many will be exposed to the higher competition level and evaluation process that drives them to get better. This will be an evaluation process but an emphasis is placed on coaching and teaching for future evaluations. In addition, Football BC will be a central resource for players as they turn to the provincial body for direction.

### **Team BC Evaluations** *(For players born in 1995 or 1996 only)*

The purpose of this evaluation will be to find the best players in the province that qualify for the 17-and-under Football Canada Cup. In addition, it will also serve as an early identification for Senior Bowl.

### **Senior Bowl Evaluations** *(For players graduating from high school in June 2012)*

Senior Bowl evaluations will serve to help choose the best grade 12 players to go to Senior Bowl camp during Spring Break. In addition, each player is strongly encouraged to keep playing football whether in Midget (Community), Junior or University. The goal is to just keep playing!

#### *Sample Workout:*

- 10-minute dynamic warm-up
- 70-minute testing stations
  - 40 10 Pro Agility
  - Bench Reps 135/185 (Prep to be the Best = push ups)
  - Standing Broad Jump
- 15-minute individual
- 15-minute one-on-one
- 10-minute skelly (linemen drills)

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