



Football BC Provincial Identification Camps

In 2012 Football BC will once again be travelling throughout British Columbia with our Provincial ID program. We will be holding evaluation camps in Victoria, Prince George, Kelowna, the Lower Mainland and the Fraser Valley. Dates and specific locations are to be determined. Please visit www.playfootball.bc.ca for updates.

Each location will be hosting the following camps:

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 Day:

- 9:00 am – 11:30 am: Prep to be the Best
- 12:00 pm – 2:30 pm: Team BC tryouts
- 3:00 pm – 5:30 pm: Senior Bowl tryouts

Sample Workout:

- Sign-in prior to each evaluation's start time
- 5-minute introduction
- 15-minute dynamic warm-up
- 90-minute testing stations
- 15-minute individual
- 15-minute one-on-one
- 10-minute skelly (linemen drills)

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