

## GRCHS FOOTBALL MISSION STATEMENT

*To create an environment that produces student-athletes who grow to depend on God, work as a team, increase their work ethic, strive for excellence in all areas, and become servant leaders in the community.*



[www.grcyf.com](http://www.grcyf.com)

[www.grchsfootball.com](http://www.grchsfootball.com)

## GRCHS VARSITY FOOTBALL SCHEDULE 2007

- 8-24 South Christian\*
- 8-30 Holland Christian\*
- 9-7 Catholic Central (Houseman)
- 9-14 **Creston**
- 9-21 West Catholic
- 9-28 **Muskegon Heights\***
- 10-5 Central (Houseman)
- 10-12 **Union (Homecoming)**
- 10-19 **Ottawa Hills**

\*non-league, home games in bold  
All dates subject to change. Games start at 7:00 PM.

*Please come out and watch the Eagles on Friday nights. As we build our program, your support is very important!*

*In Christ,*

Brad Mockabee

## 2007 GRCHS Eagles Football Camp

For 3<sup>rd</sup> – 8<sup>th</sup> Graders



**DATES:**  
July 23, 24, 25

**TIMES:**  
3<sup>rd</sup> - 6<sup>th</sup>: 8:30 – 11:30  
7<sup>th</sup>, and 8<sup>th</sup>: 1:00 – 4:00

**LOCATION:**  
☆ GAINNEY Athletic Fields ☆

**CAMP RUN BY:**  
GRCHS coaching staff and varsity athletes

**COST: \$55.00**

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The 9<sup>th</sup> Annual GRCHS Eagles Football Camp is designed to give athletes an opportunity to learn basic football skills at a young age and have a great time doing so. **This is a non-contact camp. No football equipment is needed.**

To better accommodate all athletes, we will divide this year's camp into two smaller camps. 3<sup>rd</sup> – 6<sup>th</sup> graders will come to camp in the morning and 7<sup>th</sup> and 8<sup>th</sup> graders in the afternoon. **Please arrive 15 minutes early on the 23<sup>rd</sup>!**

**PLEASE NOTE THE CHANGE IN VENUE!** Due to construction on the new gymnasium, the camp is moved to Gainey on East Paris.

All instruction is provided by the GRCHS football coaching staff and Varsity athletes.

All athletes will participate in stretching, plyometrics, offensive and defensive drills, and in a fun airforce football league.

**Please call Brad Mockabee, Head Varsity Football Coach with any questions.**

**Email: [bmockabe@grcs.org](mailto:bmockabe@grcs.org)  
Cell phone: 516 – 6125  
Work phone: 574 – 5568**

### **Included:**

All use of equipment, T - Shirt, snack, and beverages.

### **What to bring:**

Shorts and T – shirt, athletic shoes and cleats (if possible).

### **Schedule:**

- Roll Call
- Stretch and Warm up
- Plyometrics
- Break

### **Offense:**

- QBs, RBs, TEs, WRs, and OL technique drills

### **Defense:**

- DL, LBs, and DBs technique drills

### **Special Teams:**

- Punting and Kicking

### **Airforce football**

- **Water will be on the field.**
- **No insurance is provided for campers**
- **Camp will be canceled for a weather-warning**

## **REGISTRATION FORM**

**Name:** \_\_\_\_\_

**Parent(s):** \_\_\_\_\_

**Fall grade:** \_\_\_\_ **School:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Emergency Phone #:** \_\_\_\_\_

**Family email:** \_\_\_\_\_

**Medical Concerns:** \_\_\_\_\_

**Shirt Size(adult):**    **S**    **M**    **L**    **XL**

\*Everyone gets a FREE shirt

**Camp Fees:**                    **\$55.00** \_\_\_\_\_

\*Other Eagle Football Gear may be available at registration.

**Total \$ Enclosed:** \_\_\_\_\_

To ensure a T-shirt, please Return this form and payment before July 1<sup>st</sup> to:  
Grand Rapids Christian High School  
Football Skills Camp  
2300 Plymouth Ave. SE  
Grand Rapids, MI 49506