



Football BC Provincial Identification Camps Schedule

(updated December 22, 2011)

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. Helmets and shoulder pads are required for each player in the second half of the tryout.

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

Please note that due to time constraints and field availability, "Prep to be the Best" sessions will not be held as part of this round of camps. We will be looking to schedule those camps later in the spring.

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
Senior Bowl tryouts: 6 pm to 8 pm

Lower Mainland (Richmond)

Sportstown Sports Complex
4991 No. 5 Road
Senior Bowl tryouts: 6:30 pm to 8:30 pm (**Saturday, February 4**)
Team BC tryouts: 6:30 pm to 8:30 pm (**Saturday, February 11**)

Vancouver Island (Victoria) – Sunday, February 19

Bear Mountain Stadium at City Centre Park
1089 Langford Parkway
Team BC tryouts: 12 pm to 2 pm
Senior Bowl tryouts: 2 pm to 4 pm

Dates and Times TBD for Kelowna (Capital News Centre), Prince George (Northern Combine) and the Fraser Valley.

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 by **January 31, 2012**. The 2012 Senior Bowl camp will take place during Spring Break week in March. Dates/times/locations to be announced.

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



Tryout Descriptions and Camp Information

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

Will be held later in the spring

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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