



Photo courtesy Don Voaklander



Photo courtesy Don Voaklander



Photo courtesy Connie Nichol

UNIVERSITY OF ALBERTA
GOLDEN BEARS



WINTER SKILLS CAMP

January 3-5, 2020

Camp Information

Minor Skills Camp (Pee-wee & Bantam players in 2020)

- Friday, January 3 5:30 - 7:00 PM
- Saturday, January 4 9:00 - 10:30 AM
- Saturday, January 4 1:30 - 3:00 PM
- Sunday, January 5 9:00 - 10:30 AM

High School Camp (High School & Midget players in 2020)

- Friday, January 3 7:00 - 8:30 PM
- Saturday, January 4 10:30 - 12:00 PM
- Saturday, January 4 3:00 - 4:30 PM
- Sunday, January 5 10:30 - 12:00 PM

Positions: **Quarterbacks, Running Backs, Receivers, Linebackers, Defensive Backs**

Camp Fee \$160.00 (\$200.00 after December 1)

Register early to avoid disappointment as there is a quota per position

Foote Field Dome 11601 68 Avenue, Edmonton

Equipment: Participants are required to provide and wear certified helmets, mouth guards, shoulder pads, football pants, thigh, knee, hip and tail pad. Bring your own cleats

To Register: Call the U of A Customer Service Centre 780-492-2231 or visit www.activityreg.ualberta.ca

Camp Questions: Call the Golden Bears Football Office at 780-492-8468





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UNIVERSITY OF ALBERTA
GOLDEN BEARS



WINTER LINEMEN CAMP

January 3-5, 2020

Camp Information

Minor Football Camp (Pee-wee & Bantam players in 2020)
High School Camp (High School & Midget players in 2020)

- Friday, January 3 8:30 - 10:00 PM
- Saturday, January 4 12:00 - 1:30 PM
- Saturday, January 4 4:30 - 6:00 PM
- Sunday, January 5 12:00 - 1:30 PM

Positions: Offensive & Defensive Linemen

Camp Fee \$160.00 (\$200.00 after December 1)

Register early to avoid disappointment as there is a quota per position

Foote Field Dome 11601 68 Avenue, Edmonton

Equipment: Participants are required to provide and wear certified helmets, mouth guards, shoulder pads, football pants, thigh, knee, hip and tail pad. Bring your own cleats

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Camp Questions: Call the Golden Bears Football Office
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UNIVERSITY OF ALBERTA GOLDEN BEARS 2020 HIGH SCHOOL FOOTBALL ACADEMY

ACADEMY INFORMATION

The High School Academy is open to players that will be playing High School Football in 2020.

New this year the High School Academy & Minor Academy have been split into two different sessions to provide enhanced focus on age specific technical skills and development at each level. The High School Academy has added an additional 15 minutes per session to build in tactical system development in the academy.

All positions are offered in the Academy

Schedule: Eight Sunday Sessions, from Jan 12 to March 8
Sun, Jan 12: 3:50 - 5:30pm Sun, Feb 9: 2:00 - 3:45pm
Sun, Jan 19: 6:50 - 8:30pm Sun, Feb 23: 2:00 - 3:45pm
Sun, Jan 26: 2:00 - 3:45pm Sun, Mar 1: 2:00 - 3:45pm
Sat, Feb 1, 10:00 -11:30am Sun, Mar 8: 2:00 - 3:45pm

Footo Field Dome, U of A South Campus, 11601- 66 Ave.

Academy Fee \$440 plus gst (\$480 plus gst after December 1)

Strength Training Seminars

The objective of the Golden Bears Football Strength Training Seminars is to educate and inform high school football players regarding proper strength training techniques in preparation for their high school seasons. The sessions are 60 -75 minutes in length and take place prior to the Football Academy. The sessions will focus on teaching strength training techniques/lifts and providing hands on experience in a controlled and supervised environment.

Participants must be in or entering high school in 2020.

Sun, Jan 12: 2:00 - 3:15pm Sun, Feb 9: 12:30 - 1:45pm
Sun, Jan 19: 5:30 - 6:30pm Sun, Feb 23: 12:30 - 1:45pm
Sun, Jan 26: 12:30 - 1:45pm Sun, Mar 1: 12:30 - 1:45pm
Sat, Feb 1, 8:45 - 9:45am Sun, Mar 8: 12:30 - 1:45pm

Fee: \$200 plus gst (8 sessions) after December 1 \$240)



The Golden Bears Football Academy has successfully developed the skills and abilities of football players in Alberta. The Academy focuses on fundamental skill development progressions delivered and led by trained and experienced university coaches. Many graduates of the Academy have gone onto play football at the post-secondary (USport, CJFL) level including going on to the CFL.

Avoid disappointment and register early as the Academy has filled up in previous years.

For additional information contact Darryl Szafranski dszafran@ualberta.ca or 780-4928468



To Register:

Call the U of A Customer Service Centre 780-492-2231 or visit www.activityreg.ualberta.ca

UNIVERSITY OF ALBERTA GOLDEN BEARS

MINOR FOOTBALL ACADEMY

ACADEMY INFORMATION

The Minor Football Academy is open to players that will be playing Pee Wee or Bantam Football in 2020.

New this year the High School Academy & Minor Academy have been split into two different sessions to provide enhanced focus on age specific technical skills and development at each level. .

All positions are offered in the Academy

Schedule: Eight Sunday Sessions, from Jan 12 to March 8

Jan 12: 2:30 - 4:00pm	Feb 9: 12:30 - 2:00pm
Jan 19: 5:30 - 7:00pm	Feb 23: 12:30 - 2:00pm
Jan 26: 12:30 - 2:00pm	Mar 1: 12:30 - 2:00pm
Feb 2, 12:30 - 2:00pm	Mar 8: 12:30 - 2:00pm

Footie Field Dome, U of A South Campus, 11601- 66 Ave.

Academy Fee \$420 plus gst (\$480 plus gst after December 1)



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