

ABOUT J. K. MULLEN MUSTANG FOOTBALL

Typical Daily Schedule

9:30	Roll call / warm up	15 min.
9:45	Offensive Skill Practice	20 min.
10:05	Water Break	10 min.
10:15	Defensive Skill Practice	20 min.
10:35	Water Break	10 min.
10:45	League Games	60 min.
11:45	Lunch and Rest Time	90 min.
1:15	Defensive Skill Practice	20 min.
1:35	Water Break	10 min.
1:45	Offensive Skill Practice	20 min.
2:05	Water Break	10 min.
2:15	League Games	60 min.
3:15	Cool Down / Final Message	15 min.
3:30	Dismissal	

SUPER LOCATION

J. K. Mullen High School is located at 3601 South Lowell Blvd. in Denver, just south off Hamden and adjacent to Ft. Logan Hospital and the Veteran's Cemetery between Federal Blvd. and Sheridan. Mullen has four full practice fields, De LaSalle Stadium and an indoor workout facility.

FOR MORE INFORMATION

For more information or to obtain additional brochures, contact
Coach Bob Stozek at 303-518-5961 (best) or 303-761-1764 ext. 3324

Or

E-mail at rstozek@gmail.com

You may also check out our website at:

www.mullenendzoneclub.com

REGISTRATION INFORMATION and POLICIES

- Enrollment is limited. In order to serve the maximum number of campers, **PRE-REGISTER! \$170.00 if registered by June 25th. \$210.00 after June 25th.**
- Full payment or a non-refundable deposit of \$50.00 is required with each application in order to hold that applicants spot.
- There are no refunds after June 25th for any reason.
- All campers must be covered by their family's medical insurance.
- Campers that cannot abide by camp rules will have their parents / guardians notified and will be sent home.

PARENTAL CONSENT & WAIVER FORM

Please read and sign the following consent form and send in with application.

I hereby release J.K. Mullen High School, and their employees and agents from all liability from injury or illness that may result from my child's participation from this camp. I certify that my child has been examined by a physician and found to be in good physical health and able to compete in all camp activities without restrictions. Furthermore, in the event that I cannot be reached in a medical emergency, I hereby grant permission to camp staff members to act on my behalf in case of a medical emergency and authorize the directors of the Mustang Youth Football Camp act for me in accordance to their best judgment. I understand that J.K. Mullen High School does not provide camp medical insurance and that I am responsible for any/all medical expenses. I also understand that there are no refunds after June 25th for any reason. NO EXCEPTIONS.

Parent's Signature: _____

Guardian's Signature: _____ Date: _____

Emergency Contact Phone Number: _____
(A number during camp hours)

MULLEN MUSTANG YOUTH FOOTBALL CAMP
 c/o Coach Bob Stozek
 3601 S. Lowell Blvd.
 Denver, Colorado 80236

**MULLEN MUSTANG
YOUTH FOOTBALL CAMP**

MULLEN MUSTANG FOOTBALL

2010

MULLEN MUSTANG Youth Football Camp



Non-contact Camp for boys
entering grades 3-8

July 12-16 (Monday-Friday)

9:30 a.m. to 3:30 p.m.

J. K. Mullen High School

**DEADLINE TO SIGN UP IS
JUNE 25th**

J.K. MULLEN MUSTANG FOOTBALL

During the seven years Coach Logan and his staff have been at Mullen, the Mustang football team has won the 5A state championship game three times 2004, 2008 & 2009, have been the runner up twice and competed in the semi finals twice. Coach Logan and his staff have also won two additional state championship titles with Jefferson County schools. The coaching staff takes pride in teaching and developing the three core elements of competitive athletics. The Mullen football program is recognized nationally (currently rank 5th in the nation Massey Top 25) and in doing so has sent scores of young men on to various colleges and universities around the country to further their football careers. In the past Seven years J.K. Mullen football program has afforded 74 players the opportunity to play college football at the next level. The entire Mustang program is also very proud of two of its past greats, **Bo Scalf**e of the Tennessee Titans and **Alex Smith** of the Philadelphia Eagles, as they display their talents in the NFL.

STAFF: The Mullen coaching staff has over 150 years combined coaching experience, 48 years of which is head coaching experience., and have won state championships in three different states. The "Hands-On" experience and knowledge of this staff starts with the youth leagues of Denver and reaches all the way up to the NFL.

CAMP PHILOSOPHY

We strive to provide campers with the exciting opportunity to develop basic fundamental skills in an safe atmosphere of fun and in an enthusiastic, well organized environment. Football is meant to be a fun team sport, and that is the way we approach all aspects of our involvement with campers.

CAMP FORMAT

The format of the 2010 Mullen Mustang Youth Football Camp will consist of individual instruction of basic fundamental skills and individual and team competition. The campers, broken down by position and age, will receive instruction in an offensive and defensive position with the focus on drills that enhance the fundamentals of football at those positions. In conjunction with the instruction the campers receive, they will have the opportunity to compete for many awards in different age groups and categories as well as compete in a team environment. The week culminates with a Championship Day where individual and team champions are declared. Enrollment is limited to ensure a 12 to 1 coach-to-camper ratio, so do not delay in signing up for the best camp in Denver.

In conjunction to learning about football, your young athlete will also be introduced to the proper training techniques in regard to conditioning, weight training, and nutrition by professionals in their respected fields.

Not to be overlooked, the attitude in which one plays the game will be stressed throughout the week in individual and team settings. By week's end each camper is guaranteed to leave with a certificate, a t-shirt, and a trophy. On top of that they will have a chance to earn additional awards and honors as the week progresses. Overall, the camp is designed to be instructive and competitive but, above all, safe, fun, educational, enjoyable for the campers.

Football Camp Registration Form

Please fill out entire form legibly and return to Mullen High School in care of Coach Stozek

ENCLOSED IS:

- Non-Refundable \$50.00 Deposit
- \$170.00 Payment (If registered by June 25th)
- \$210.00 Payment (If registered after June 25th)

T-SHIRT SIZE (Adult size):

- Small
- Medium
- Large
- X-Large
- XX-Large

OFFENSIVE POSITION: (pick one)

- Offensive Lineman
- Quarterback
- Running Back
- Receiver

DEFENSIVE POSITION: (pick one)

- Defensive Lineman
- Linebacker
- Defensive Back

Camper Name

Street Address

City / State / Zip

Parents' Name

Phone Number

Emergency Phone Number

Age and Grade of Camper
(This Fall)

MAKE CHECKS PAYABLE TO: **MUSTANG FOOTBALL**

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c/o Coach Bob Stozek
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Denver, Colorado 80236

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