

JOE STOCHMAL FOOTBALL CAMP

Hosted by Oxford Parks & Recreation



REGISTRATION: SIGN UP AT oxfordrec.com AND VISIT FOR MORE INFO

DATES: JULY 26th to JULY 29th (Monday – Thursday)

TIME: 9:00am to 11:30am

LOCATION: OXFORD HIGH SCHOOL WOLVERINE FIELD

AGES: 7 TO 16

COST: \$150 *\$50 Discount for registered Pop Warner and Flag Football players. Must show proof of registration.

ALL COVID-19 GUIDELINES FOLLOWED

CAMP SCHEDULE:

9:00 AM - ATTENDANCE & DYNAMIC STRETCH

9:15 AM - AGILITY STATIONS

1. SPEED LADDERS
2. AGILE BAGS
3. CONE DRILLS
4. HURDLE DRILLS

9:30 AM - H2O

9:35 AM - OFFENSIVE INDIVIDUAL STATIONS (QB/RB/WR/OL)

10:00 AM - H2O

10:05 AM - DEFENSIVE INDIVIDUAL STATIONS (DB/LB/DL)

10:30 AM - H2O

10:35 AM - COMPETITIONS / TEST AND MEASUREMENTS

1. TENNIS BALL RELAY
2. MEDICINE BALL RELAY
3. MOVE THE MOUNTAIN
4. 40 YARD DASH
5. PRO AGILITY SHUTTLE
6. ACCELERATION/DECELERATION
7. 7 VS 7
8. 4 DOWN FOOTBALL

11:25 AM - CAMP DISCUSSION

11:30 AM - CAMP DISMISSED

****Campers are asked to wear masks, shorts, t-shirts and cleats. Following CIAC guidelines, it is recommended that campers bring their own refillable water bottles**

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CAMP WORKERS BIO

JOE STOCHMAL

HEAD FB COACH OXFORD HS (14 YRS)

OFFENSIVE COORDINATOR HILLHOUSE HS (10 YRS)

RB / WR COACH - SCSU (2 YRS)

PROFESSIONAL QB GFL - BRAUNSCHWEIGH LIONS (1 YR)

COLLEGIATE QB - SCSU OWLS (4 YRS)

HS QB - SEYMOUR HS (4 YRS)

JOSH HARRIS

DEFENSIVE COORDINATOR OXFORD HS (8 YRS)

COLLEGIATE OL - AVERETT COLLEGE (1 YR)

HS OL/DL - HILLHOUSE HS (4 YRS)

DAVE JUREWICZ

OL/DL COACH OXFORD HS (2 YRS)

HEAD FB COACH CROSBY HS (8 YRS)

COLLEGIATE OL - FITCHBURG U (1 YR)

HS OL/DL - KENNEDY HS (4 YRS)

KEEROME LAWRENCE

OWNER EXTRA YARD COLLEGE PREP PROGRAM - (5 YRS)

COLLEGIATE QB/WR - GEORGETOWN UNIVERSITY (4 YRS)

HS QB - HILLHOUSE HS (4 YRS - STATE CHAMPION)