

# 2012 IRON TITANS Summer Conditioning Camp

*For Current & Prospective Boylan Athletes (Grades 5-12)*



***“Where the weak become stronger, and the strong become CHAMPIONS”***

**CAMP REGISTRATION**

All current and prospective Boylan athletes who will be in the 5<sup>th</sup> through 12<sup>th</sup> grades for Fall 2012, are eligible to attend the Iron Titans Conditioning Camp. The fee is **discounted to \$140\* for those who register and submit payment by May 15<sup>th</sup>**. For those who register **after May 15<sup>th</sup>, the fee is \$160**. Please complete the attached application form and mail it, along with your payment, to: Iron Titans Conditioning Camp, 4000 St. Francis Dr., Rockford, Illinois 61103. Make checks payable to: Boylan Catholic High School.

*\*50% discount for additional children from same family (\$70 if paid by May 15th, \$80 after)*

**CAMP DIRECTORS**

Camp Directors are John Cacciatore and Jeff Phad. Together they possess more than 50 years of experience in the areas of strength, speed, conditioning, and agility training at Boylan Catholic High School.

**CAMP SESSIONS**

Each athlete will work to develop their **strength, power, speed, endurance, flexibility, and agility** during the sessions. Accordingly, workouts will entail stretching, weight-training, plyometrics, agility-training, and speed-enhancement components. A typical session will include 30 minutes of speed training, 30 minutes of body-weight agility, and 30 minutes of core-strength development. IT counselors will work closely with the athletes during these sessions. **All participating athletes will receive an Iron Titans t-shirt.**

During our five-week Summer Cycle, student athletes have the opportunity to participate in one of the following four group sessions.\*\*

- GROUP 1** - 7:00-8:30am (Girls - 9<sup>th</sup> through 12<sup>th</sup> Grade Athletes)
- GROUP 2** - 8:30-10:00am (Boys - Varsity Athletes)
- GROUP 3** - 10:00-11:30am (Boys - Freshman & Sophomore Athletes)
- GROUP 4** - 1:30-3:00pm (5<sup>th</sup> through 8<sup>th</sup> Grade Athletes)

*\*\*Athletes with employment conflicts should speak to camp directors about alternative times.*

(Revised 3/25/12)

**CAMP LOCATION & DATES**

@Boylan Catholic High School (use student entrance – south circle)

June – 11, 12, 14, 15, 18, 19, 21, 22, 25, 26, & 28

July – 9, 10, 12, 13, 16, 17, 19, & 20\*\*\*

*\*\*\*No camp over the 4<sup>th</sup> of July Holiday (Friday, June 29<sup>th</sup> to Sunday, July 8<sup>th</sup>)*

***I wish to apply for the 2012 Iron Titans Conditioning Camp***

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Name \_\_\_\_\_ Grade (Fall 2012) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone ( ) \_\_\_\_\_ **Group Preference** \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

Current School \_\_\_\_\_ School Sport(s) Played \_\_\_\_\_

Ht. \_\_\_\_\_ Wt. \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Fee Amount Enclosed \$ \_\_\_\_\_

**PARENT’S RELEASE AND INDEMNITY AGREEMENT**

I hereby request that you accept the application of \_\_\_\_\_ in the Iron Titan Conditioning Camp during the dates set forth in this application, and in consideration of your acceptance of the application, I will (whether once or more) hereby release Boylan Catholic High School, Diocese of Rockford, and all its employees from all claims on account of any injuries which may be sustained by my son/daughter as a result. If medical attention is required for injury or illness while in camp, I give my permission for such medical care.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**MAIL TO:** Iron Titans Conditioning Camp, 4000 St. Francis Drive, Rockford, Illinois 61103.

**MAKE CHECKS PAYABLE TO:** Boylan Catholic High School

**DUE:** \$140 by May 15<sup>th</sup> or \$160 thereafter\*

### CAMP DIRECTORS

- John Cacciatore** Varsity Head Football Coach, Girls' Track Throws Coach, & History Teacher  
*(Boylan Alum)*
- Jeff Phad** Assistant Line Coach, Head Boys' Track Coach, PE Teacher, & Coordinator of iHigh Award-Winning Athletic Website  
<http://boylancatholicfootball.ihigh.com/>

### STAFF COUNSELORS

- Chris Rozanski** Varsity Football Defensive Coordinator, Varsity Head Baseball Coach, Assistant Athletic Director, & Biology Teacher
- Bryant Salamone** Assistant Football Coach, Assistant Baseball Coach, & Social Studies Teacher
- Joe Blume** Assistant Football Coach, Assistant Boys' Track Coach, & Math Teacher
- John Walter** Athletic Trainer  
*(Boylan Alum)*
- Jessica Olsen** Assistant Girls' Basketball Coach, Assistant Girls' Track Throws Coach, & English Teacher  
*(Boylan Alum)*
- Josh Allis** Boylan Football & St. Ambrose University Graduate  
*(Boylan Alum)*

### CAMP COUNSELORS (BOYLAN ALUMNI)

- Jeff Marrs** Boylan Football (Team Captain, All-NIC-10 OL), OG at Yale
- Jake Ghinazzi** Boylan Football (Team Captain, All-NIC-10 SS), DB at SXU
- Jimmy White** Boylan Football (2010 State Championship Team), WR at IWU
- Elizabeth Didier** Boylan Girls' Soccer, Iron Titans Participant
- Matt Cannella** Boylan Football (2010 & 2011 State Championship Team)
- Theo Parthenios** Boylan Football (2010 & 2011 State Championship Team)
- Nick Wood** Boylan Football (2010 & 2011 State Championship Team)
- DJ Zimmerman** Boylan Football (2010 & 2011 State Championship Team)
- Ty Zimmerman** Boylan Football (2010 & 2011 State Championship Team)

### PAST CAMP COUNSELORS (BOYLAN ALUMNI)

Adam Schroeder-NIU, Rob Wood-Augustana, Jared Dowdakin-Dartmouth, Quinten Ponius-EIU, Austin Morman-Wash U, Doug Bartels-Northwestern, Colin McGuire-Winona State University

CLASS 6A STATE CHAMPIONS IN 2010  
CLASS 7A STATE CHAMPIONS IN 2011

2012

# IRON TITANS

## Summer Conditioning Camp

*For Current & Prospective Boylan Athletes (Grades 5-12)*



**JUNE 11TH – JULY 20TH**

**Monday – Tuesday – Thursday – Friday**  
4 Training Sessions Offered per Day – 90 Minutes per Session

For more information, please checkout:

[www.boylan.org/athletics/#camps](http://www.boylan.org/athletics/#camps)

or contact:

Coach Cacciatore at 815-877-0531 or [jcacciatore@boylan.org](mailto:jcacciatore@boylan.org)