

Ankeny Hawk Football Basic Training



Ankeny Hawk Football Camp is a three day overnight camp at Camp Dodge, Iowa from 24-26 July 2017. The cost of this camp is \$50.00. Checks made out to “Hawks Football Committee“. The price includes the camp, meals all activities and a t-shirt. This camp is open to Ankeny students going into 8th – 12th grade. We highly encourage any player who is coming out for football in 8th-12th grade to participate. Young Hawks will have the opportunity to be exposed to varsity football players and coaches. We want our young Hawks to see what it means to be a Hawk and see our varsity players in action so they know the kind of player they could become through hard work and commitment.

Ankeny Football “Basic Training” is an outstanding opportunity for Ankeny Hawks to prepare for the football season, develop their technique, increase their conditioning, be a part of a team/program and to be coached by Ankeny varsity position coaches and coaches at their grade level. This camp promotes a balance between tough practices and conditioning, team building events, leader development and special activities sponsored by the Iowa Army National Guard. Our Hawks will also hear from select combat leaders in the Iowa Guard who will instruct players on leadership, citizenship, mental toughness and being a part of a team.

***** Hawk Basic Training is limited to the first 125 players that pay. Camp Dodge can only support 125.*****

All Hawks attending Basic Training must have the following items in order to participate:

1. A current physical on file in the Ankeny District or provide a copy during sign-in at the camp.
2. Release Form/Waiver signed by a parent or legal guardian. Cannot check-in without signed release form (see attached Release Form)
3. Confirmation of payment prior to drop off or at drop off / check-in.



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Additional Information

Emergency Contact #:

515-240-8370 (Coach Aaron Baugher)

319-415-9804 (Coach Rick Nelson)

Billeting:

- Hawks will be in 22-26 man Barracks
- 8th-9th Grade will be in same Barracks
- 10th-12th Grade will be in same Barracks
- Coaches will be supervising and sleeping in each of the barracks
- See packing list for bedding

Bathrooms:

- Camp Dodge has external stand alone latrines that have plenty of showers and toilets.
- Toilet Paper is provided

Meals:

- All Meals are provided with cost of camp
- We highly encourage Hawks to bring extra snacks and Gatorade and small cooler
- Ice will be available at the DFAC

Activities:

- We try to put players through experiences Soldiers would get while training
- The Leader Reaction Course assesses a teams ability to plan and navigate obstacles while working as a team
- Urban Assault course will have teams opposing each other with airsoft weapons. Eye protection is provided.
- Rappel Tower is a 40' Tower supervised by qualified Rappel Master Soldiers.

Cost: \$50.00

General Timeline:

24 July

- 7:30-8:00 – Load Bus at Ankeny HS
- 8:30-9:00 – Arrive CD & Assigned barracks
- 9:00-11:00 – Orientation / 1st Practice
- 11:45-12:30 – Lunch
- 1:00-4:00 – Leader Reaction Course/Rappel
- 4:00-5:20 – Practice
- 5:20-6:00 – Dinner
- 7:00-8:10p – Practice / Conditioning
- 10:30 – Lights Out

25 July

- 6:00am – First Formation
- 6:00-7:00 – Physical Training (PT)
- 7:15-8:00 – Breakfast
- 8:45-10:30 – Practice
- 11:15-12:00 – Lunch
- 12:00-4:00 – Urban Assault (Airsoft) / EST2000
- 5:00-5:45 – Dinner
- 6:00-7:10 – Practice
- 10:30 – Lights Out

26 July

- 6:00 – First Formation
- 6:00-7:00 – PT
- 7:15-8:00 – Breakfast
- 8:30-9:45 – Practice
- 10:00-11:00 – Coaches Meetings
- 11:00-11:45 – Lunch / Guard Awards
- 11:45-1:00 – Clean Barracks
- 1:00-1:30 – Check Out / Depart for AHS

Recommended Packing List:

- Football Cleats (required)
- Running Shoes (required)
- 6-10 T-shirts
- 5-8 Shorts
- 4-8 Compression Shorts / Underwear
- 2 Towels
- Hygiene Kit (Soap, Toothbrush, Toothpaste, Shampoo ect.)
- Shower flip flops
- Sheets, blanket & pillow
- Small Cooler
- Laundry Bag
- 1 light weight long sleeve shirt.
- 1 long pair of pants

(You will need both pants and a long sleeved shirt. This for Urban Airsoft because you will get hit and you will get welts without them)

Directions to Camp if not taking bus

- Turn into Camp Dodge main gate off of NW 70th Avenue
- You will need to show a valid ID to get onto Camp Dodge at the security gate
- Follow curve after main gate onto Maintenance Dr.
- Follow Maintenance Dr to 5th St. Turn Right on 5th St.
- Stay on 5th St. through two 4 way stops.
- Last 4 way stop will have a Aircraft to your front right.
- Bld 2596 parking is just past Aircraft. Turn into the parking lot and check-in