

2016 Northwest Missouri State University



# Football Kicking Camp

**Bearcat Football Kicking Camp June 4**

Registration 9 a.m. ■ Camp begins at 10 a.m.



**REGISTER AND PAY ONLINE AT  
[WWW.BEARCATFOOTBALLCAMPS.COM](http://WWW.BEARCATFOOTBALLCAMPS.COM)**

2016 Northwest Missouri State University

## Football Kicking Camp

Northwest's Special Teams have played an important role in the success of our program over the last 20 years. This camp will provide you an opportunity to work with two of the best instructors in the Midwest. Peter Rameh will work with the kickers and Kelly Goodburn will work with the punters.

### **Bearcat Football Since 1996**

- 238-35 overall record
- 43-13 NCAA Playoff record
- 6 first-round byes
- 24 professional contracts signed
- 18 NCAA playoff appearances
- 15 MIAA conference championships
- 9 National championship game appearances
- 5 National championships (1998, 1999, 2009, 2013, 2015)



### **CHARLIE FLOHR**

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660.562.1493 fax

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# Football Kicking Camp



## Bearcat Kicking Camp

### KICKERS SCHEDULE

**10 a.m.-1 p.m.**

#### Stretching Technique

#### Field goals

- No-step kick
- 1-step kick
- full-step kick

#### Kickoffs

- 1-step kickoff
- full-step kick
- directional kickoff
- onside kickoff

**Lunch – 1-2 p.m.**

**2-4 p.m.**

- Review technique
- Questions
- Competitions:
  - accuracy (field goals)
  - distance (kickoffs)

### ITEMS TO BRING

- soccer cleats
- 2 footballs marked with school name
- kicking tee
- money for lunch

### PUNTERS SCHEDULE

**10 a.m.-1 p.m.**

- Stretch
- Warm-up
- Chart

- Stance
- Stepping pattern
- Drop

- Coffin corner
- Rugby
- Pooch punts

**Lunch – 1-2 p.m.**

**2-4 p.m.**

- Stretch
- Warm-up
- Chart

- Get offs
- Competition
- Hang time distance
- Questions

### ITEMS TO BRING

- 2 footballs marked with school name
- grass kicking shoes
- tennis shoes
- money for lunch

## Meet the Instructors

### Peter Rameh

Peter is the kicking coach at Ankeny Centennial High School in Ankeny, IA. Over the last 20 years, Peter has coached 7 kickers at Ankeny that have gone onto kick at Division 1 schools. Peter has also worked with 15 other kickers from the Midwest that have gone onto kick at Division 1 schools. Some of the kickers include Todd Sievers (Miami), Kyle Schlicher (Iowa), and Jared Parker (Kansas State). Peter graduated high school from Maryville, Mo., where he was the starting kicker on the 1982 State Championship team. He continued to kick from 1985-1988 in college at Northwest Missouri State where he started for four years as the Bearcats' kicker.



### Kelly Goodburn

Kelly was a punter in the NFL for seven years from 1987-1993. During his professional career he played for the Kansas City Chiefs and Washington Redskins. He was the starting punter for the 1992 Super Bowl Champion Redskins. He played in a total of 85 games, and averaged 40 yards per punt. His collegiate career started at Iowa State University where he played four years for the Cyclones, and finished his college career at Emporia State University for one year. His son, Kyle Goodburn, was a 4-year starter from 2011 to 2014.

### Camp Staff

The entire Northwest coaching staff will be working this camp with the specialty coaches and student-athletes.

Register and pay online at [www.bearcatfootballcamps.com](http://www.bearcatfootballcamps.com)

**Northwest Missouri State University**  
***Football Kicking Camp***

**2016 Registration Form**



**I will attend the following session:**

☐ **Kicking camp June 4**

10 a.m.–4 p.m.

Camp Fee: \$50 before May 27

\$60 after May 27

**Register and pay online at**  
**[www.bearcatfootballcamps.com](http://www.bearcatfootballcamps.com)**

**or complete application and send with full payment to:**

Bursar's/Cashiering  
Attn: Diana Heitman  
Northwest Missouri State University  
800 University Drive  
Maryville, MO 64468-6001

**Make checks payable to** Northwest Missouri State University.

**Parent's Statement (MUST be signed)**

I hereby release Northwest Missouri State University from any responsibility/ damages for any injuries resulting from my child's/ward's participation in the Northwest Team Football Camp. If for any reason it appears that he needs medical attention, I grant permission for him to be referred at the discretion of the Northwest Team Football Camp and/or University Police staff.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (first, middle initial, last)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

(\_\_\_\_\_) (\_\_\_\_\_) \_\_\_\_\_  
Home phone Student's cell phone

\_\_\_\_\_  
Email

\_\_\_\_\_  
Date of birth

\_\_\_\_\_  
Age

\_\_\_\_\_  
Name of high school

\_\_\_\_\_  
School's address

\_\_\_\_\_  
Grade next fall

\_\_\_\_\_  
Coach's name

\_\_\_\_\_  
Coach's phone

Kicker Punter  
Position (circle one)

\_\_\_\_\_  
Height

\_\_\_\_\_  
Weight

T-shirt size: S M L XL XXL (circle one)

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Parent's work/cell phone

\_\_\_\_\_  
Address

\_\_\_\_\_  
Person to contact in case of emergency

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
Relationship

Does this camper take any medication? ☐ Yes ☐ No If yes, please explain:

If the camper has any limitations or health problems we should be aware of, please explain: