2016 Northwest Missouri State University

Football Washing Camp



REGISTER AND PAY ONLINE AT WWW.BEARCATFOOTBALLCAMPS.COM

Bearcat Football Kicking Camp June 4

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

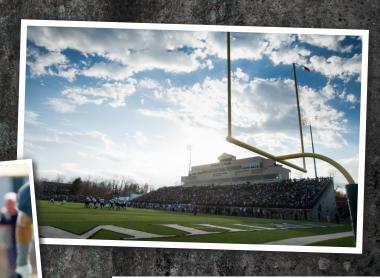
2016 Northwest Missouri State University

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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2016 Northwest Missouri State University

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 (lowa), 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

Northwest Missouri State University

Foodball Kleking Camp



Name (first, middle initial, last)					I will attend the following session:	
Address () Home phone	City Student's cell phone		State	Zip	☐ Kicking camp June 4 10 a.m.–4 p.m. Camp Fee: \$50 before May 27	
Email		Date of birth		Age	\$60 after May 27	
Name of high school						
School's address		Grade next fall			Register and pay online at	
Coach's name Kicker Punter	icker Punter				www.bearcatfootballcamps.com	
Position (circle one) T-shirt size: S M L XL XXL	•	eight ()			or complete application and send with full payment Bursar's/Cashiering Attn: Diana Heitman	to:
Parent/Guardian Parent's work/cell phone				Northwest Missouri State University 800 University Drive Maryville, MO 64468-6001		
Address		()			Make checks payable to Northwest Missouri State Uni	iversity
Person to contact in case of emerg	gency	Phone num	ber		•	
Relationship					Parent's Statement (MUST be signed) I hereby release Northwest Missouri State University from any responsit	
Does this camper take any me	dication? 🛮 Yes 🚨 No If y	yes, please expl	lain:		damages for any injuries resulting from my child's/ward's participation in Northwest Team Football Camp. If for any reason it appears that he nee medical attention, I grant permission for him to be referred at the discre	eds
If the camper has any limitation	ns or health problems we sho	ould be aware o	f, please e	xplain:	Parent/Guardian signature Date	е