



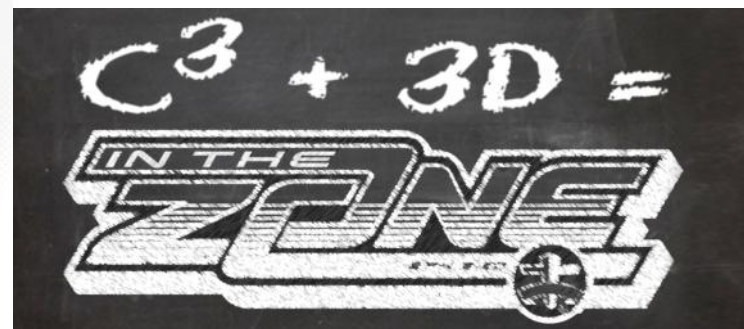
What if...

...the most **INFLUENTIAL ATHLETES** on your team were also your **BEST LEADERS** on and off the field?

...integrity, serving, teamwork, and excellence were the defining core values that made up your team's leadership?

...with the help of influential college & professional coaches/athletes, your athletes were equipped and empowered to impact their teammates for Jesus Christ?

So what's our game plan to achieve these results?



EXCELerate Your Game in 2012!

The top 10 reasons why you and your team's leadership should attend this camp:

- 6-year NFL veteran and current Team Chaplain for the Chicago Bears will bring *inspiring & life-changing messages* to you and your leaders.
- Former Florida State football coach, Jeff Duke, will empower you to "coach and play in 3-Dimensions" while providing practical steps to do so.
- Campers will participate in the **MOERA ropes challenge course** to enhance their leadership and teamwork capabilities (see picture below).
- **"Off-Season Training w/ Excellence"** sessions will be taught by Northwest Missouri State Univ. strength coach, Joe Quinlin, to inspire leadership in the off-season and in the weight room.
- Your student-athletes will have the opportunity to compete against other top athletes during fun times of **competition**.
- Your athletes who are endeavoring to play college sports will have the opportunity to attend an optional **session on college recruiting**.
- **Athletes** will have the opportunity to be **impacted by area college athletes** in small-group Huddles.
- This camp provides **coaches & athletes** with a **"retreat experience"** to help bring relational unity among the leadership.
- This camp will help your leaders **clearly see the opportunity and responsibility** they have to be positive influencers on your team.
- Character Development is **"taught not caught."**



CAMP ENROLLMENT FORM

PLEASE FILL OUT ALL SECTIONS ACCURATELY AND COMPLETELY. RETURN FORM WITHOUT DELAY TO CONFIRM YOUR ENROLLMENT.

First Name _____ State _____ City _____ zip _____

Camp Code _____ Gender: M F Address _____ Last Name _____

STUDENT ENROLLMENT:

Parent Guardian | Mr. Mrs. Ms.

Name _____

Home Phone _____

Work Phone _____

Email _____

School the camper will attend in Fall '12: _____

School _____

City _____ St _____ Zip _____

Birth date _____ / _____ / _____

High School graduation year _____

Grade/Fall '12 _____ Shirt Size _____

ADULT ENROLLMENT:

School/Business Name _____

Address _____

City _____ St _____ Zip _____

Work Phone _____

Shirt Size _____ Spouses Shirt Size _____

List family members to be housed with you.

Spouses Name _____

Child's Name (not enrolled as campers) _____ Gender _____ Age _____ Shirt Size _____

Will you need a baby crib? Yes No

PAYMENT: Fill out the following to complete enrollment.

Student-Athlete _____ \$

Adult/Couple _____ \$

Child/12-18 yrs _____ \$

Child/5-11 yrs _____ \$

Child/2 & Under _____ \$

Total Enrollment Fees _____ \$

Amount Enclosed _____ \$

Other: _____ \$

Unpaid Balance: _____ \$

Discover Mastercard VISA American Ex. Exp. Date: _____

Card Number _____

Card Holder's Name (Print) _____

Card Holder's Address _____ City _____ State _____ Zip _____

Signature _____

C³ + 3D = IN THE ZONE™

Camp Details

***This CO-ED camp is NOT open to the general public, but is intended for COACHES and their invited ATHLETE LEADERS only. Think C³! (see below)

Date: July 9-11, 2012

Check in 7/9 @ 11:00 AM

Check out 7/11 @ 11:30 AM

Site: Northwest Missouri State U.

800 University Drive

Maryville, MO 64468

Cost: \$99 per camper

Cost includes the following:

- 2 Nights Lodging
- 6 All-You-Can-Eat Meals
- T-Shirt/Lanyard/Notebook/Athlete Bible
- MOERA Ropes Challenge Course
- Great Facilities
- Excellent Training from Professional/College Athletes & Coaches
- The Experience of a Lifetime!

Register at: <http://www.nwmofca.org/excelerate>

More specifics about the “C³ Model”

This camp is designed for coaches to invite their top athlete leaders to an incredible, 2-day leadership experience. “Athlete-leaders” are to be defined by each individual coach, but it might be helpful to think “captains” (influencers) and “chaplains” (potential FCA student-leader on your team). By inviting these three types of leaders to camp, our goal is to strengthen your team in all 3-Dimensions...**physically, socially/emotionally, and spiritually**. See the panel to the right for more information.

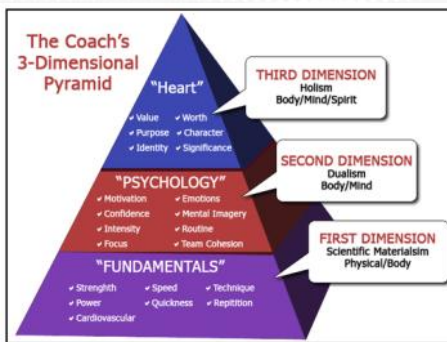
Coaches + Captains + Chaplains = C³

Camp Clinician

Dr. Jeff Duke is the foremost expert regarding the cultural influence on the coaching profession in our society. He has developed and authored the “3-Dimensional Pyramid of Coaching Success” concept that has revolutionized the sport coaching landscape. Dr. Duke has coached 5 sports including football, basketball, track & field, cross-country, and tennis. He has also supervised over 200 coaches in 17 different sports. His coaching experience encompasses the youth-level through the professional ranks, including a multi-year stint as an assistant football coach at Florida State University under legendary coach, Bobby Bowden.



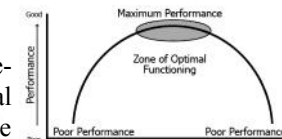
Dr. Duke is highly sought after to lead workshops, seminars, and training on the “cultural influence of the sport coach” throughout Europe and the Americas. He spent eight years as an international expert on coaching education development pre/post the Atlanta Olympic Games. His doctoral research (Florida State University) created the baseline data on how to analyze proficient elite level coaching methods. Dr. Duke currently teaches a course on coaching at the **University of Central Florida** and travels across the United States, leading and facilitating workshops with the adolescent sport coaching culture on the “3-Dimensional Coaching” concept.



At camp, Jeff will speak to our campers about the various psychology topics found in the “Second Dimension” of this Coach’s 3-D Pyramid diagram to the left.

In The Zone

The “zone” can be described as that special place where performance is exceptional, consistent, automatic, and flowing. An athlete in the “zone” is able to ignore all of the pressures and let his/her body deliver the performance that it has learned so well. In the “zone,” competition is fun and exciting.



In order for athletes to consistently remain in the “zone,” their whole being should be fully engaged in their particular sport. At camp, we will work to

2011 Camper Comment

“I had the greatest experience of my life and it changed me as a student, an athlete, a leader, and most of all a believer. I can’t wait until next year!”

strengthen coaches and athletes in all 3-Dimensions: in their bodies, their minds, and their spirits.

Camp Chaplain



Ray McElroy is a native of Chicago and graduated from Eastern Illinois University. In 1995, the Safety/Cornerback was selected as the fourth round draft pick by the Indianapolis Colts where he played for four years. He then went on to play for the Chicago Bears and Detroit Lions.

Ray is the current Team Chaplain for the Chicago Bears. **At camp,** Ray will lead morning devotionals and evening chapels. Ray will also lead a breakout session for your athletes, encouraging, empowering and mobilizing them to effectively serve as a student-chaplain on their team as FCA Leaders.

