

## 10 Great Reasons to attend Football Camp

- \* Quality instruction by experienced coaches
- \* Emphasis on positional skill and technique development
- \* Affordable price
- \* Low camper-to-staff ratio
- \* Certified athletic trainer on staff
- \* High-Tempo practice with shoulder pads and helmet
- \* High quality field turf stadium under the lights
- \* Convenient location and camp hours
- \* Parents are encouraged to stay and watch practice
- \* We care about the development of Western Mass. football

### Equipment:

Players must bring helmets, shoulder pads, practice jerseys and shoes appropriate for artificial surface.

### How To Register

Camp Fee: \$ 115.00 per player

Sibling Discount: \$ 105.00 per player

Return the attached form with payment to:

Springfield College/Business Office  
263 Alden Street  
Springfield, MA 01109-3797

Credit card registrations may be faxed to (413)748-3534 or phoned in to (413)748-5287. Full Payment is requested with registration. Upon receipt of registration, a confirmation letter containing additional information and a medical form will be sent out. A completed medical form, signed by a physician and proof of health insurance will be required prior to the start of camp. This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

#### Questions about registration?

Call (413) 748-5287 or e-mail specialprograms@spfldcol.edu

Questions about the camp program?

Call Coach DeLong at (413) 748-3156

### 2010 Football Camp Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

E-mail address \_\_\_\_\_ DOB \_\_\_\_\_

**T Shirt Size:**(circle one) AS AM AL AXL AXXL

**Age Group:** (please circle one)

**Group A**-Grades 4-6

**Group B**-Middle School

**Group C**-High School

**Please Check One**

\$ 115.00

\$ 105.00 Sibling Discount

**Name of Sibling** \_\_\_\_\_

**Payment Method**

*(Payment in full is requested when registering)*

Check # \_\_\_\_\_ made payable to:

**Springfield College**, enclosed.

Charge the credit card indicated below:

Visa  MasterCard  Discover  American Express

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_

Print name as it appears on card:

\_\_\_\_\_  
Signature of cardholder

\_\_\_\_\_  
*Address of cardholder if different from above*

# Western Mass. Collegiate Football Camp

**At *SPRINGFIELD COLLEGE***

**June 28-July 1, 2010  
6:00pm-9:00pm**



### CAMP DIRECTORS

**Mike DeLong, Head Coach Springfield College**

2006 Empire 8 Champions

Five-Time Freedom Conference Champions

Five NCAA Playoff appearances

Six National Rushing Titles

**Alex Rotsko, Head Coach, Longmeadow Lancers**

13 Straight Superbowl Championships

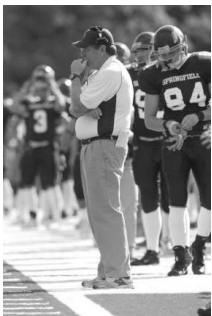
Former Head Coach, American International College

Consistent Western Mass Champions

**SPRINGFIELD COLLEGE**



## Meet the Directors



**Mike DeLong** is in his twenty-sixth season as head football coach at Springfield College. With over thirty years of coaching experience at the high school and college level, he is recognized nationally as a fine teacher of fundamentals. His teams have produced All-Americans and have consistently been ranked among the nation's top offensive rushing leaders,

including the number one ranking in 1996, 1999, 2000, 2002 and 2003. His 1995, 2004 and 2009 teams captured the ECAC Championship and the 1996, 1998, 2000, 2002 and 2003 teams earned the Freedom Football Conference Title. His 2000 team set a NCAA national rushing record and his 1998, 2000, 2002 and 2003 teams were in the NCAA Playoffs. Coach DeLong has also been a GTE, Freedom Conference, Empire 8, and New England Coach of the year.



**Alex Rotsko** in his eighteenth year as head football coach and first year as Athletic Director at Longmeadow High School, this year led the Longmeadow Lancers to another superbowl victory. Coach Rotsko was the head football coach at American International College from 1982 – 1992. While at AIC, he orchestrated several nationally ranked teams. In 1985, Coach Rotsko received the New England Coach of the year Award by directing his AIC squad to an 8-2 record and a number 14 National ranking. Coach Rotsko's last 13 Longmeadow teams have been to the superbowl. His program is consistently one of the strongest in Western Massachusetts, winning a number of superbowl titles. He is a sought after clinician and widely recognized as an outstanding teacher of the game. His Longmeadow teams are always outstanding in the skills of the game.

## Some of Our Staff

**Mike Cerasuolo** - Offensive Coordinator, Springfield College  
**Steve Marino** - Head Coach Westfield State College  
**Matt Dence** - Offensive Coordinator, Bates College  
**Tad Desautels** - Athletic Director, South Hadley High School  
**Bill Moore** - Head Coach, Westfield High School  
**Keith Emery** - Head Coach, Western New England College



## Participating Programs

Agawam High School	Enrico Fermi High School
Agawam Youth	Frontier Regional High School
Amherst High School	Holyoke High School
Belchertown Youth and H.S.	Lee High School
Cathedral High School	Longmeadow High School
Central High School	Ludlow High School
Chicopee Braves	Minnechaug Regional H.S.
Chicopee Comprehensive	Palmer Youth
Chicopee H.S.	Putnam High School
Commerce High School	South Hadley High School
Dean Technical H.S	St. Joseph High School
Easthampton H.S	Ware High School
East Longmeadow H.S.I	West Springfield Youth
East Longmeadow Youth	West Springfield High School
Enfield High School	Westfield High School

**A number of teams have gone on to have outstanding seasons!**

**Camp Mission:**  
 The purpose of this camp is to provide quality instruction and coaching at an affordable price.