



U.P. FOOTBALL ALL-STAR GAME



Day 5 (Friday) Youth Camp & Last Practice

MARQUETTE, MI – Friday evening the all-star football players hosted a football camp at the Dome for youth football players in grades 1-8. The youth players were instructed in a proper warm-up and stretching routine prior to beginning the camp. The all-star players then rotated the youth through a variety of stations, which emphasized fundamental football techniques. The all-stars demonstrated the proper stance for each position. The youth also learned how important it is to run a proper route when you are a receiver and what the correct way to get a hand-off from the quarterback is. Defensively, the youth practiced backpedaling and covering an opposing receiver. Quarterback basics were handled by the all-star signal-callers and the youth enthusiastically took to passing the ball to all-star players who ran routes. Kickers also got a chance to “tee it up” by having the all-stars make mock goal-posts with their own arms for the youth to aim at. The youth also got to practice diving catches by leaping into a large padded high jump pit, then show off their favorite touchdown dances.

Youth players had a feel of the big-time when they got to run a 40 yard dash, which was timed electronically, just like the pros. The players from the east and west lined the runway and cheered the youth on as they ran as fast as they could through the tunnel. All youth in attendance at the camp received a camp certificate and free admission to the all-star game.

Friday also marked the last day of preparation for the players and coaches before the game. The coaches had the players practice all of their special teams alignments, as well as several actual drives and situations. The players were on high alert, and it was evident that both teams were fine-tuning the plays they felt would give them the best chance for success in the game.

Both teams will have each have their final walk-throughs on Saturday morning. Tension is high and the players are anxious to tackle someone in a different colored jersey.

The U.P. Football All-Star Game will begin at 3 PM. Doors to the Dome will be open at 2 PM. Cost is \$6 at the door. The tailgate, presented by Vango's, will begin at Noon and run up until game-time. It will take place in the YMCA parking lot.

Saturday morning also has some other events taking place. The high school underclassman Recruiting Combine starts at 9AM in the Dome. Any players in grades 9-12 may attend. Registration may be performed at the door and the cost is \$75. All Combine participants will receive free attendance to the U.P. Football All-Star Game.

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