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**Gold Beach Football
Team Camp 2009**

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CHEERS FOR THE GOOD EFFORT !

This is the next to last newsletter for the 2009 year of the Gold Beach Football Team Camp. However, this certainly does not mean the end of communication! You are encouraged to stay in touch via e-mail, telephone, cell phone, etc., both with Coach Kevin Swift, and Ken (Pops) Swift, as camp approaches. You may be assured they will stay in touch with you !!!

One of the areas of improvement this year has been our ability to utilize e-mail, and a comprehensive list of phone numbers for each coach. Most of you have received e-mails from all the Swifts and phone calls and/or voice mails from Gold Beach. We thank you for your prompt responses, please continue. This has been a huge asset in our ability to fine tune plans and set up organizational structure.



As your camp sessions draws closer you may have additional questions and adjustments that need to be dealt with ... it's never too late to contact Kevin or Pops, they will get back to you ASAP !!!

One question that has been asked is, "what do I do with an athlete who didn't have the money to come to camp when the money was due, but does now?" Bring the student/athlete and bring the additional money with you. If

your head count is within the original estimate no need to call. If your count is significantly different (either plus or minus) we need an e-mail to kenswift@pacbell.net, ASAP!

Thank you again for working with us during the pre-planning and planning stages of the 2009 camp. Please read this newsletter carefully, there are numerous very important points. See you in a few days!

MAXPREPS AND A NEW WEB SITE

Brandon Boling of MaxPreps and CBS will be in camp for Session III. Both MaxPreps and CBS have become big supporters of the Annual Gold Beach Football Team Camp.

Brandon is the MaxPreps Oregon rep and an enthusiastic supporter of all things athletic in Oregon. He and MaxPreps have worked tirelessly to encourage Oregon Football Coaches to use MaxPreps'

"FREE" services. Along this line MaxPreps is building a new and very attractive web site for the Annual Gold Beach Football Team Camp, that should be ready sometime this summer.

Coach Kevin Swift has used the MaxPreps system for a number of years and finds it both easy to use and beneficial in keeping stats on/for his student/athletes.

Initially it seems to be time consuming, but with the use of students inputting data and updating statistics becomes almost transparent to the coaching staff.

If you are enrolled in Session III, take some time to meet with Brandon. Session I & II, please feel free to ask Kevin Swift for his assistance.

The 2009 Annual Gold Beach
Football Team Camp
Session I

Bend - ID
Centennial - ID
Gold Beach - OR
Hidden Valley - OR
Illinois Valley - OR
Lost River - OR
Mazama - OR
North Valley - OR
Rochester - WA
San Juan - CA
Stayton - OR
St. Helens - OR
Taft - OR
Wilson - OR
Yreka - CA

Session II

Aloha - OR
Borah - ID
Capital - ID
Enterprise - CA
Fort Vancouver - WA
Lassen - CA
Pershing County - NV
Ponderosa - CA
Red Bluff - CA
Thurston - OR
South Medford - WA

Session III

Carlmont - CA
Churchill County - NV
Dallas - OR
Eastlake - CA
Klamath Union - OR
Newberg - OR
North Bend - OR
North Medford - OR
North Valleys - NV
Shasta - CA
Winters - CA

 In
Remembrance
of our fallen troops
across the world

2009 CAMP SPONSORS

The community of Gold Beach has been extremely supportive of our camp, especially since 1998, when Coach Swift came to Oregon and took over the position of Head Football Coach at Gold Beach High School. Operating and running a camp of this magnitude would be very difficult without both the financial and material contributions of our business community. Whenever possible please do business with them and thank them for their continued support.

If you take your team to a local restaurant, please call in advance so they may better serve you. Also, identify your-

self as a camp participant ... sometimes discounts are available! Our 2009 Gold Beach Football Team Sponsors are:

Tier I

Lex's Landing
JerryRogueJets.com
Dairy Queen
Gold Beach Inn
Ireland's Rustic Lodges
Motel 6
Port Hole Café
Tu Tù Tun Lodge
Eagle Bay Vacation Rentals
R. G. Williams, M.D.

Tier II

Rogue Outdoor Store

Gold Beach Moose Lodge 2101
Panther's Den Pizzeria
Freeman Marine Equipment
End of the Rogue Guide Service
Spinners' Seafood & Steak
Chophouse
Bruce Craviotto Guide Service
Curry County Sheriff
Pacific Reef Resort

Tier III

Playa del Sol
Pacific Coastal Real Estate

HEY EMERIL!!!!

Back by popular demand ... Greg Brown's Snack Shack! Greg is the Gold Beach Baseball Coach and Special Ed. Teacher on campus. The Shack is a fund raiser for the Gold Beach Baseball Team. In addition, Greg is a frustrated "Emeril Lagasse" ... so be prepared!

The Snack Shack, which is adjacent to the football sta-

dium, will be open as follows:
Fridays ... 5:00 to 10:30 PM
Saturdays ... 10:00 AM to 2:00 PM & 7:00 to 11:00 PM
Sundays through Wednesdays 10:30 AM to 11:00 PM.

The menu will include the usual snack shack items, along with tri-tip sandwiches, pulled pork sandwiches, hamburgers, cheeseburgers,

Brown knows chili, etc. Special requests are welcome.

If any coach is interested in having a team meal prepared by Greg ... he is happy to accommodate you and give you a great price. You must contact Greg at least 24 hours in advance.

BON APPETIT !!!!

ALL ABOUT WEIGHT LIFTING AND SKILLS

After much deliberation, Camp has tweaked the lifting events in the following ways:

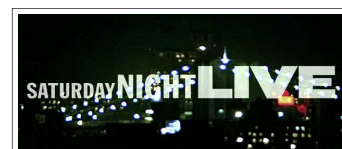
Back Endurance Bench 185
Line Endurance Bench 225
(NFL standard).

New Weight Classifications for Black and Gold Pool Lifting Competition:

HWT Linemen 191 & Up
LWT Linemen 190 & Less
HWT Backs 166 & Up
LWT Backs 165 & Less

Your weigh-in must be supervised by two officials and be recorded on your score card.

Remember each school gets one representative in each lifting event and each contest gets three (3) attempts.



Saturday Night
"LIVE"

Big crowds ... lots of cheering ... a great kick-off event ... Don't miss it!

NUTS, BOLTS, & TIME SCHEDULES



The Gold Beach Football Team Camp prides itself on flexibility and really encourages teams to “do their own thing”, especially in the area of team bonding.

Space is very plentiful with both high school facilities and the additional field areas, right up the street, at Riley Creek School. However, we always want more! If you are planning an excursion or some other activity that frees up your assigned field space, please contact the camp office so your space/time slot may be offered to other teams ... courtesy and consideration for others - it's a big deal with us! See your coaches camp check-in procedure included in this newsletter. Please follow it closely!



Saturday Night

- **This year's Lifting competition begins at ... 7:00 PM** in the big gym. **Big** crowd, lots of noise, lots of fun. Pick your favorites and root them on !!!

Sunday Afternoon

- **Coaches Meeting ...** All coaches, including assistants and any parent assistants

Session I, II, III ... 3:00 PM

- **Session I, II, III Pass and Linemen League games begin at 5:00 PM.**

Monday through Thursday

- Required coaches meeting 7:30 AM **daily**, in the cafeteria. New this year ... **MaxPreps** will be introducing an exciting new product during one hour sessions in the Gold Beach Computer Lab. These sessions are by appointment only. See the MaxPreps rep at the morning

coaches meeting.

Tuesday Night Social

- Coaches only !!! @ Spinner's after your team is settled and quite. This is where the four (4) team scrimmage pods are decided, and JV/ Frosh and Varsity Scrimmage-A-Thon parings are decided ... plus great fun !!!!

Wednesday

- **“Best on the Beach” JV Scrimmage-A-Thon @ 2:00 PM**

- **“Best on the Beach” Scrimmage-A-Thon @ 6:00 PM**

Jay Johnson Stadium

A Sellout Crowd ... for free !!!

Followed by the All Camp Awards Presentation

Thursday

- Usually a day for scrimmages with lower level kids.
- **CLEAN-UP** and pack-up in the morning ... Must leave campus clean and check lost and found.
- Lunch sandwich buffet: Eat here or make your own sandwich to go.
- **A must!** ... See Coach Kevin Swift before you leave.

The 2009 Annual Gold Beach Football Team Camp Pass and Linemen League Pools for Session III

Black Pool

- Carlmont - CA
- Eastlake - CA
- North Medford - OR
- North Valleys - NV
- Shasta - CA

Gold Pool

- Churchill County - NV
- Dallas - OR
- Klamath Union - OR
- Newberg - OR
- North Bend - OR
- Winters - CA

CAMP PLANNING & NOTES

Please plan ahead ... here are some guidelines that may help

- RV & Trailers will need a 75' to 100' power cord per vehicle ... parents too.
- Reminder of Saturday night BBQ @ \$ 5.00 per person prepared by Greg Brown's Snack Shack and Sunday morning biscuit and gravy @ \$ 3.00 per person.
- PLEASE ... Do not bring sick

kids ... they will infect everyone.

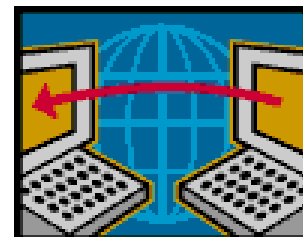
- Watch what your kids eat and drink in route.

- **S t u d e n t s** **“MUST”** stay on campus unless accompanied by a coach or camp adult ... **NO EXCEPTIONS !!!**



Planning makes the camp better for everyone

- **NO** fires on or near the beach.
- **Important**— please review page 4 of this newsletter.
- Be on time and in the right place for Pass and Linemen League games (that means 10 minute early).



Check it out ! ... for **“FAST”** Breaking News & Who's Who ... <http://home.pacbell.net/kenswift/HOME.HTM>

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kenswift/BEACH.HTM](http://home.pacbell.net/kenswift/BEACH.HTM)



Teamwork can be
summed up in five
short words ...
We believe in each
other.



Watch what they
eat !!!
No sick kids

Some Observations, Thoughts and Answers

We thought it might be helpful if we listed some of the observations, thoughts and answers to questions we have encountered over the 12 years we have directed the Annual Gold Beach Football Team Camp.

1. Hola! to everyone ... the 2009 Camp is about to begin. I would like to take just a moment to compliment the coaches, teams, parents, and communities who have supported the camp over the years. This year's edition will be our largest yet, with teams from 5 western states (Oregon, Washington, Idaho, Nevada, and California). We are what we are because of the quality of teacher/coaches, student/athletes, parents, and communities who have guided us in creating something very special. Again my deepest thanks to those coaches and athletes that have created the **"Best on the Beach"** Gold Beach Football Team Camp. ... Kevin Swift, Head Football Coach
2. "PLEASE" keep the Camp Office **"and"** Lisa in the training room informed of any of your student/athletes that have unique requirements, i.e. diabetes, asthma, seizures, hearing impediment, irregular heart beat, special diet restrictions, etc.
3. Check with your student/athletes ... bring **mouth pieces** ... braces ... any special football protective equipment they require.
4. Please be careful with what your student/athletes eat and drink on the way to camp. Fiery Hot Cheetos, Beef Jerky, Red Vines, and Coke does not make for a "happy travel meal".
5. Along the same lines ... "PLEASE" don't bring a student/athletes who is getting sick in the hope that they will get well before camp. A few years ago ... we had an outbreak of a stomach (48 hour) virus ... WOW, it was a real mess!
6. A "PLEASE" from Ken (Pops) Swift to our old hands ... coaches and teams who arrive at camp for the first time are most often confused with the structure or lack thereof. Let's all go out of our way to explain **"how camp works"**. Camp success is built on planned flexibility which is great if you're in the mix ... but not much fun if you're unsure of what to do. Take the time to introduce yourself and include them into the camp mix ... "boys club" Mom Swift always used to say.
7. Competition vs. **"TEAMBUILDING"** ... There will be a number of perennial power teams in camp. Universally, they use camp as a teambuilding experience. They use a variety of techniques from sideline chanting to dressing like Druids (Gold Beach). Please be respectful of each individual team's traditions, procedures and team efforts. While competition is an element of camp ... its designed purpose is to allow coaches to observe their student/athletes in competitive situations. It is an obvious fact that not a single point scored in camp will count for anything come September, while everything done in camp ... teambuilding, is critically important to winning championships.
8. Small school, smaller camp staff, big camp, large numbers, active football players ... How can we make it work? **"RESPECT"** ...
 - A. Every adult on campus may ask you to assist.
 - B. Small town ... so everyone knows you, because you're a new face.
 - C. "NO" trash talking ... "NO" potty mouth ... "NO" flashing signs ... "NO" claiming clothes!
 - D. Respect living/sleeping areas ... walk around ... "NEVER" walk through.
 - E. Keep campus clean ... make Gold Beach High School cleaner and in better condition when you leave than when you arrived.
 - F. **"NO ONE"** in town or on the beach without an adult .
9. Please give camp staff the opportunity to write an open letter to your community newspaper, school board, principal, and families complementing you on being such fine representatives of your community, school, and families.