

Training for High School Combines and Camps

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A lot of clients ask me if they should go to one of the many high school combines or college sponsored camps that run all over the east coast. My response is always the same...it will be a great experience if your prepared! Here are some things you need to know about the upcoming combine/camp circuit.

Nowadays it seems like there are combines every weekend run by every major clothing company (Nike, Under Armor, Reebok), and camps run by every college in the country. The reason being that its BIG business, and these organizations make a lot on money of the hopes and dreams of many would be athletes! However there are few good reasons to go and penny up if your plans are to play in college: **1. *Sizing up the competition.*** When you go to a reputable combine such as NUC, or camp such as Boston College you will be surrounded by hundreds of other likeminded athletes who like yourself have the desire to play college football. This is a great way to meet and compete against the competition. **2. *Insight into the college recruiting process.*** Going to some of these combine/camps will help expose you and your family to the college recruiting process. You will meet and speak to many coaches and get insight into what type of athletes they look for as well as academic standards necessary to be a student athlete. Many of these combines/camps have a specific lecture on college recruiting that you may attend. **3. *Preparation for college testing.*** Every college program in the country has some type of testing day for their players, especially incoming freshmen. Most of the time it's your standard combine style testing: Bench, 40 yard dash, pro-agility, vert, and skill position work. Going to these combines/camps will put you in a competitive environment, and give you experience performing these drills in front of coaches and players. Like anything, the more you have "been there, done that!" the easier it will be.

As I said above these camps will be a great experience if you're prepared. I have seen many football players who had no training prior to these combines/camps and it shows. They look like a deer in the headlights, when other athletes who have worked with a combine specialist and done their homework, stand out and look like pros.

All it takes is a little bit of work. **1. *Find a combine preparation program near you.*** Make sure they cover all the required events and that there is other motivated athletes in the group to compete against. Make sure the coaches have taken many athletes to combines/camps at the high school, college, and pro level. Ask to see some references! If you simply cannot afford a trainer then do some research online, there are YouTube videos on just about everything. **2. *Get a Highlight Tape.*** A good highlight tape goes a long way in helping to get you noticed. Ask your coach to help or hire a professional highlight production company. All colleges require a highlight tape as part of their recruiting process. **3. *Get out and practice!!!*** The events at these combines can be mastered like any skill. Small changes in footwork and body position make huge difference in times. Running a 4.7 forty or a 4.55, makes a HUGE difference! The more you work at it the better you will perform.

Good Luck and Run Fast!

Coach Joe