

## Free one day football camp gives local athletes opportunity to workout with the pros

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By **Deborah Green**, Baltimore Fitness Trends Examiner



Minnesota Vikings' tight end and former Morgan State stand out, [Visanthe Shiancoe](#) instructing a DTLR camp participant completing a speed drill. (Photo by [Sandra Supulniece](#)/Photographer)

In today's economy, one day sports camps are a huge trend because they provide athletes an opportunity to enhance their skills and continue with daily lifestyle as opposed to weekend or overnight camps.



As youth and high school levels are becoming more competitive the chances of obtaining a college scholarship or becoming a professional athlete is like a game of chess.

"Kids don't have the time to do the weekend camps like they used to. They play multiple sports and need to keep up their conditioning," [DeAndre Franklin](#) said.

At [DTLR's](#) One Day Free Football Camp hosted at the [Prince Georges Sports and Learning Complex](#) in Landover, MD, kids and parents had the chance to learn new training techniques and obtain information about scouting and nutrition.

[DeAndre Franklin](#), executive director of business affairs for [Y-Sportz](#) and CEO of [Healthy HOODS Incorporated](#), designs and customizes the camps to the [NFL](#) host players present.

That means kids participating in this camp had the opportunity to do simulated workouts detailed to host players, [Arizona Cardinals' Darnell Dockett](#) and [Minnesota Vikings' Visanthe Shiancoe](#).

"Although it's a one day camp and it's free, we don't want you to know that it's free," [Franklin](#) said.

[Franklin](#) along with [Y-Sportz](#) CEO and founder [Marlin Stabler](#) have been providing student-athletes with fitness aspects, scouting, recruiting and academic information, since the establishment of the non-profit organization in 1999.

Preparation is crucial in the pre-season phase, as former [Morgan State University](#) football standout, [Visanthe Shiancoe](#) stressed the importance of maintaining a nutritious diet and practicing in the elements of your sport.

"Try to watch what you eat and definitely stay in shape and do as much cardio as possible outside. Create and practice in an environment that you're going to be in, because a lot of times high schools and colleges go right into the workouts and there is no time for getting adjusted to the practices or workouts," [Visanthe Shiancoe](#) said.

Shiancoe enjoys working out and coaching the kids at the camps, because it gives him an opportunity to bond with his fans and share training advice.

"The kids are having fun, I'm having fun. It's a blessing to be in the position that I am in right now and this is a way that I can give back to my community," [Shiancoe](#) said.



DTLR camp participant sprinting 30 yds with a power parachute. (Photo by [Sandra Supulniece](#)/Photographer)



Arizona Cardinals' DE [Darnell Dockett](#) demonstrating to camp participants how to carry and protect a football using proper hand placement (Photo by [Sandra Supulniece](#)/Photographer)

Camp participants rotated through five stations focusing on resistance training with power parachutes and sleds, speed and agility drills, fundamentals of running and blocking with proper hand placement on football, and learning how to run routes properly.

"The faster guys might like the speed stuff and the bigger guys might like the power stuff, because they don't want to run as much, but it's about trying to make everybody the complete athlete," [Arizona Cardinals' Darnell Dockett](#) said.

But housing free camps are not cheap; in fact, these types of camps can average expenses up to \$10,000. The need for providing these types of camps have significantly increased over the years as parents are looking for cost efficient ways to keep their kids one step ahead of their competitors.

"College coaches are starting to look at kids in seventh grade. It's become a business and if you don't know how to market you're child, you're already out of the game," Franklin said.

Out of the game is something [Cardinals' Dockett](#) doesn't want to see happen to kids who think that they can't achieve their goals.

"I think some kids just need that little momentum and that small speech I gave can get them over the hump and that's what it's all about. God blessed us to be in certain situations and to get a chance to play in the [NFL](#) and to play at a big college, but now it's time to go back and motivate these young kids to do

the same thing, because it's possible. I think a lot of kids don't believe that they can do it, but when you actually see somebody that has done it, then it's a blueprint, then it can be done," [Dockett](#) said.

[DTLR](#) is a leading retailer in the urban fashion industry. Through their community outreach partnerships they provide sports camps to area youth. Y-Sportz, is a non-profit organization that has worked with numerous artists and professional athletes; including, Pittsburgh Steelers' [Hines Ward](#), Tennessee Titans' [Vince Young](#), former Baltimore Ravens' [Daniel Wilcox](#), and a host of other celebrities and professional athletes.

### Slideshow: DTLR Free One Day Football Camp



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