



## METRO STARS YOUTH FOOTBALL CAMP

**Capital City Sports LLC** invites you to our inaugural summer youth camp. We are excited to bring kids from surrounding areas a camp designed to learn the fundamentals of football from Current College Football Players that attended Des Moines area high school programs. Our 2 Day camp encompasses football techniques, games, competitions and a whole lot of fun!!

### Campers will need:

-Athletic Attire

-Tennis Shoes and/or Cleats

Camp Cost : \$80 per Camper

-Includes individual instruction from College Athletes and Camp T Shirt

### Camp Schedule:

Sat. June 3rd and Sun. June 4th

8:30a-9:00a - Check In / Warm Up

9:00a-10:30a - Individual Positions

10:30a-11:00a- Group

Activity/Competitions

11:00a-11:30a - Touch Football Games

"This is not an Urbandale Community School District publication. The UCSD neither endorses nor sponsors this organization or activity represented in this material. It is being distributed through the school district as a courtesy to inform families of community activities and events."

Capital City Sports LLC  
1055 Bellflower Dr.  
Carlisle, Iowa 50047



**OPEN FOR 2ND THRU 8TH  
GRADES ENTERING  
FALL 2023**

## NEW IN 2023



## METRO STARS YOUTH FOOTBALL CAMP

**JUNE 3RD-4TH**

**\$80**

**CARLISLE HIGH SCHOOL  
430 SCHOOL ST  
CARLISLE, IOWA 50047**



REGISTER ONLINE AT:

[WWW.CAPITALCITYSPORTSCAMPS.COM](http://WWW.CAPITALCITYSPORTSCAMPS.COM)



**@CAPCITYSPORTSIA**



# COLLEGE ATHLETES & CAMP STAFF

## REGISTRATION

### Hayden Amos - Northern Iowa (Carlisle)

Coaching the Offensive Line is former Carlisle High School standout and current Northern Iowa Panther Hayden Amos. Amos was a two time All District and 2nd Team All State honoree for the Wildcats, leading the team to playoff appearances in 2017 and 2019. The Redshirt Freshman has appeared in 9 games for Northern Iowa, earning the Missouri Valley Commissioner's Academic Excellence Award.

### Josh Jenkins - Northern Iowa (DSM Lincoln)

Coaching the Running Backs is former DSM Lincoln product and current Northern Iowa Panther, Josh Jenkins. Jenkins had a breakout year for the Railsplitters in 2021, leading Iowa High School Class 5A in Yards per Carry and Rushing Touchdowns as a Senior rushing for 1113 Yards and 17 TDs. Currently a true freshman for the University of Northern Iowa, Jenkins appeared in 3 games for the Panthers this past fall (2022).

### PeeWee Jarrett - West Florida(DSM Hoover)

Coaching the QBs is former DSM Hoover product and current West Florida QB, PeeWee Jarrett. A record setting QB at Hoover, Jarrett set program records for Passing Yards/Pass TDs during his prep career. While attending Iowa Central, Jarrett earned 1st Team All American honors. This past season, Jarrett piloted West Florida to the NCAA D2 Semi Finals while accounting for over 3400 Yds and 42 TDs.

### Reed Worth - Simpson (Prairie City-Monroe)

Coaching the WRs is former PCM product and current Simpson WR, Reed Worth. A former State Champ and Class 2A Player of the Year for the Mustangs at QB, Worth has made his mark as one of NCAA D3's Best at WR for the Storm. This Past season, Worth totaled over 1100 Yds Rec and 13 TDs, leading the ARC and was 6th best in NCAA Division III.

### Jaden Harrell - Iowa (Urbandale)

Coaching the Linebackers is former Urbandale standout and current Iowa Hawkeye Jaden Harrell. Harrell was a three time All District honoree, two time 1st Team All State and Des Moines Register Elite Team All State honoree for the J Hawks. He led the team to playoff appearances in 2018,2019, and 2020. The Redshirt Freshman has earned Academic All Big Ten Honors for Iowa this past season and earned the Team Leader Award on Defense.

### Kael Kolarik - Iowa (Indianola)

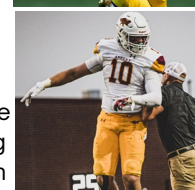
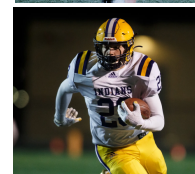
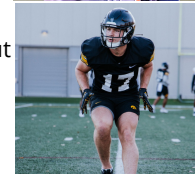
Coaching the DBs is former Indianola standout and current Iowa Hawkeye Kael Kolarik. Kolarik was a two time All State honoree, Team MVP, and Captain for the Indians from 2019-2021. Kolarik led the Indians to a 19-11 Record and three straight playoff births, including the State Quarterfinals in 2020. Currently a Redshirt Freshman for the Hawkeyes, Kolarik earned a Team Leader Award for Special Teams this past fall.

### Braden Simonsen - Iowa State (Ankeny)

Coaching the DL is former Ankeny product and current Iowa St. Cyclone, Braden Simonsen. Simonsen was a two time All State honoree for the Hawks in 2020-2021, leading the team to Championship appearances both seasons. He finished his prep career 23-4 with a State Championship and was Ankeny's all time Sack leader. This past fall, Simonsen redshirted his 1st Season for the Cyclones.

### Brock Stiles - Augustana,SD (SE Polk)

Coaching the TEs is former Southeast Polk product and current Augustana TE, Brock Stiles. A former Starting TE for the Rams, Stiles earned Academic All State / All Conference honors while helping SE Polk to playoff appearances his JR and SR year. Now at Augustana, was apart of 2021 NSIC Conference Championship Team.



Name .....

Address: .....

(City) .....

(State) .....(ZIP).....

Email: .....

Phone: (H).....

(C).....

Parent(s)Name.....

Grade(Fall 2023).....

T-Shirt Size: (Check one)

YM Medium

YL Large

YXL XL

A.Small 2XL

### Permission of Parents:

My Child(ren) have permission to participate in Metro Stars Youth FB Camp. I certify my child has been examined by doctor during last year, is cleared for playing football and is covered by family health insurance policy. If injured I give permission to camp athletic trainer to give appropriate care. I hereby release Capital City Sports and Staff from all claims resulting in any injuries which may be sustained by the child at camp.

Signed: .....

Date: .....

**\$80 Camp Fee**

**Make Checks Payable to : Capital City Sports LLC**

**Mail Payment with Registration to : Capital City Sports LLC**

**1055 Bellflower Dr  
Carlisle, Iowa 50047**

**REGISTER ONLINE AT:**

**WWW.CAPITALCITYSPORTSCAMPS.COM**



**@CAPCITYSPORTSIA**

**REGISTER BY MAY 1ST TO  
GUARANTEE T SHIRT**