



To all Athletic Directors and Coaches (Rockland County):

I am excited to announce the 6th Annual Rockland County High School Football Combine sponsored by Rockland Omega Community Development Foundation and supported by Xi Lambda Lambda Chapter of the Omega Psi Phi Fraternity, Inc. The Combine is scheduled for May 13, 2017 at Torne Valley Sports Complex 115 Torne Valley Road Hillburn, NY 9 am – 3 pm. We are inviting all 9th – 11th grade high school football players to participate. The Combine is free for all participants.

There will be skill event stations throughout the day. The events will test the athlete's speed, power, agility, reaction, and quickness (SPARQ), essential tools for athletic performance. We have selected nationally recognized standard events, designed to allow Rockland County athletes to showcase their skills and talents and to see how they compare to the other high school athletes in the county. The following events have been selected.

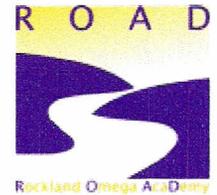
SPARQ Drills	Position Skill Drills	Academic Challenge
5-10-5 Agility Shuffle	Quarterback	Onsite Essay Contest
40 Yard Dash	Running Back	
Power Ball Toss	Offensive Lineman	
Vertical Jump	Defensive Lineman	

All events will be monitored and timed. Individual scores will be provided to players, coaches, posted on our website and copies sent selected colleges. Awards will be given for athletes that place in each event with a special award to the athlete who performs exceptionally in multiple events. There will also be an essay award for academic excellence for the best essay on a topic to be announced on the day of the event.

We are looking forward to all Rockland High Schools participating in our Combine. Regardless of the number, we know the day will be filled with students eager to demonstrate their skills. Your support will be greatly appreciated to support and full fill our obligation as community servants. We are looking to build stability and collaboration in the Rockland community as a whole.

Yours Truly,

Coach Carl Jenkins,
Combine Chairman



Omega Psi Phi Fraternity, Inc.

About the Organization

Omega Psi Phi Fraternity, Inc. is a 100 year old fraternal organization founded in 1911 on the campus of Howard University in Washington, DC. Established in 2003, the Xi Lambda Lambda Chapter know as the “Rockland Ques” is dedicated to serving the community by volunteering our time to demonstrate our four cardinal principles of Manhood, Scholarship, Perseverance and Uplift.

One of our award winning programs is the mentorship program we call, **Rockland Omega Academy (ROAD)**. ROAD’s mission is to bring stability and direction to the lives of Rockland adolescent males. Our chapter members provide group mentoring to the young men and provide life skills to help them succeed. Some of our the other chapter community service efforts are our annual scholarship awards to college bound Rockland County high school seniors, in addition to, hosting Blood Drives, Talent Hunt Arts Program, Adopt- A-Highway and Achievement Week activities where we honor local citizens for their work in the community.

About the Chairperson

Coach Carl Jenkins is a resident of Rockland County, NY. He holds a Masters Degree in Special Education and a BS Degree in Interdisciplinary Studies. Brother Jenkins is a Special Education Educator, working with emotional and learning disabled students, at Palisades Prep. in Yonkers, NY. He coached high school football for over 25 years, serving in the past as head varsity football for Lincoln High School in Yonkers, NY. In the summer months he can be found at Camp Rays Day Camp where he serves as the Camp Director, overseeing 250 campers and a staff of 50.

In college Coach Jenkins was a member of the Syracuse University Football team from 1983-1987 and played in the Cherry Bowl in Detroit, Michigan. He played for Yonkers High School under Coach Ron Santavicca. Coach Jenkins’s received several NYS and Westchester high school awards; most notably, All Westchester County Athlete of the Year (1982) and first Team All County.



Event Descriptions

SPARQ Drills

5-10-15 Agility Shuffle

This test measures your lateral quickness or change-of-direction speed, highlighting your ability to maintain control of your body through rapid changes of speed and direction. Begin in a neutral 'athletic' stance with your weight evenly distributed over your body's midline, feet straddling start line, and your forward hand touching the cone marking the center, or start, line. Sprint to either end-line 5 yards away, touching your hand down to the line. Reverse your direction, and run to the opposite end-line 10 yards away and touch that line with your hand. Reverse your direction again, and sprint through the start/finish line extending from the middle cone.

40 Yard Dash

The 40-yard dash is the marquee event at the combine. The 40-yd dash measures an athlete's rate of linear acceleration from a standing start and his ability to transition to top speed over 4 to 6 seconds. In sports like football, 'off the mark' speed and sprints to the play typically dictate possession and outcomes of decisive game situations.

Power Ball Toss

This test measures the toss distance while mimicking the pressing and pushing demands of an athlete-on-athlete sport, like football. Kneel down with your back erect, chest facing the throwing corridor, thighs parallel, and both knees atop the foam pad, aligned to the launch line. Explode forward, releasing the ball with both hands simultaneously as if you're executing a basketball chest pass using a release angle of roughly 30° to 40° above ground level.

Vertical Jump

The vertical jump is all about lower-body explosion and power. It reveals the development of your lower-body peak power, a true difference maker to every athlete. The athlete stands flat-footed and his reach is measured. It is important to accurately measure the reach, because the differential between the reach and the mark the athlete touches is his vertical jump measurement.

Position Skill Drills

Quarterback – “Route Tree Accuracy” – The Route Tree involves throwing five fundamental routes: Slant, Out, In, Corner, and the Deep “Go Route).

Running Back – “Off Tackle Reaction Drill” – Measures the speed in which a participant breaks through the line and avoids a tackle at the second level.

Offensive Lineman – “Kick Slide Drill” – The Kick Slide Drill measures the ability to provide pass protection to his quarterback.

Defensive Lineman – “Rip/Swim Techniques Drill” – The Rip/Swim measures the speed in rushing the quarterback.

Academic Challenge

Essay Writing Contest – Participants will be given a subject on the day of the Combine. They must write a 250-300 word essay that will be scored by volunteer educators. A cash value gift card will be given to the best essay writer.



February 16, 2017

Dear Name of sponsor,

On May 13, 2017, the "Rockland Ques" will host our **6th Annual High School Football Combine** and **Academic Challenge** at the Clarkstown North High School. The **Combine** will allow Rockland area high school athletes to showcase their football skills through a series of drills. The **Academic Challenge** will be an essay contest on a subject to be announced at the start of the event. Participation will be free to the students and the results will be sent to the local newspapers and selected universities for evaluation.

Xi Lambda Lambda also known as the "Rockland Ques" was established in 2003 and is the Rockland County Chapter of **Omega Psi Phi Fraternity, Inc.** We are a 100 year old international fraternal organization created to provide community service to the community where the chapters are established. The "Rockland Ques" have hosted and coordinated a number of local efforts such as annual scholarships to college bound high school seniors, blood drives, and Adopt-A-Highway road side clean-ups. As well as hosting a high school talent showcase and Achievement Week program honoring local Rockland residents who have made a difference in the community. Our award winning community service program is the "ROAD Program", a monthly mentorship program for teenagers.

We are seeking local businesses to sponsor the Event. The sponsorship will allow the students to participate for free. Sponsorship funds will go towards necessary items to stage the event. Items include complex rental, participant t-shirts, drill equipment, award trophies, gift certificates, photography and lunch. We have created three levels of Sponsorship:

- **White Sponsor**.....Donation of Goods from Organization
- **Purple Sponsor**.....\$ 250
- **Gold Sponsor**.....\$ 500

Each level of sponsor will receive acknowledgement in our **Official Event Journal**. The **Gold Sponsors** will have a banners created to be displayed during the event. Following the event, we will send out a brief recap to all sponsors.

Your donation is tax deductible. If you wish, you may mail all or part of your payment amount, along with the attached form today. Please make your check payable to "**ROCDEF**" (Rockland Omega Community Development Foundation), the Chapter's 501(c) (3) organization.

Thank you in advance for your support and contribution toward the success of this event. If you have any questions, concerns, comments please call 914-584-7264 or email Rocklandques@yahoo.com please put "Combine" in the subject line.

Sincerely,

Coach Carl Jenkins,
Combine Chairperson



Sponsorship Form

Sponsor Contact Information:

Organization:

Name:

Title:

Address:

City

State

Zip

Phone:

() _____ -

E-Mail:

@

Signature:

Type of Sponsor (Check One):

Gold Sponsor..... \$500

Purple Sponsor.....\$250

Items

White Sponsor.....Donated

Event Journal Message (Logos must be submitted electronically): If you need more space please submit additional page

Gold Sponsor Banner Message (Logos must be submitted electronically):

Please send to: **Rockland Ques P. O. Box 127, Nanuet, NY 10954**

E-Mail: RocklandQues@Yahoo.com



**The "Rockland Ques"
Annual High School Football Combine
And Academic Challenge**

**Registration and Athletic Event Participation Waiver
DATE DUE: April 15, 2017**

Player Name: (First) _____ (Last) _____

Age: _____ Grade: _____ Player Position(s) _____

Shirt Size: _____ Ht ___' ___ Weight _____ lbs

Address: _____

(City) _____ (State) _____ (Zip) _____

Phone: _____ email: _____ @ _____

School: _____

Coach: _____ email _____

I, the undersigned parent or legal guardian of the above player, do hereby consent and agree that the above named player may participate in the **"Rockland Ques" Annual High School Football Combine and Academic Challenge** at the Clarkstown North High School. The above named participant is a registered participant in an activity sponsored by the Xi Lambda Lambda Chapter (Rockland Ques) of Omega Psi Phi Fraternity, Inc. and ROCDEF. I understand and agree that he is participating in this even on his own free will and accord and that neither Xi Lambda Lambda Chapter, nor Omega Psi Phi Fraternity, Inc., nor ROCDEF, nor its insurer(s) will share in our accept responsibility for any liability for bodily injury, property damage, medical expense or other loss that may arise from my participating in this event.

I further understand and agree, and have no expectation that Xi Lambda Lambda Chapter (Rockland Ques) of Omega Psi Phi Fraternity, Inc. and ROCDEF will not provide any form of security or other measure of safeguarding for this event, as there is no reasonable expectation that such will be necessary. I give the Rockland Ques permission to use all photos for advertising the event.

I further understand and agree that this event is considered a "no-fault" event by me, as well as Xi Lambda Lambda Chapter (Rockland Ques) of Omega Psi Phi Fraternity, Inc. and in the event of bodily injury, property damage, necessity of medical expenses or other loss, I agree to incur my own expenses without input or participation from Xi Lambda Lambda Chapter (Rockland Ques) of Omega Psi Phi Fraternity, Inc., or its insurer(s).

It is further agreed that this consent shall remain in full force and effect until such time as the undersigned parent or legal guardian shall notify Rockland Ques in writing of the abrogation or cancellation of this consent.

(Print Parent/Guardian Name)

Signature

(Date)