Pricing & Fees

Prospect Day - $50

No Pads are needed
Lunch will be provide for you

Download forms:
www.westfieldstateowls.com/ click on Inside Athletics tab on left. Click Camps & Clinics, then click on Westfield State Summer Football Clinics.

HEAD COACH—Pete Kowalski

Pete Kowalski was the Defensive Coordinator at Westfield State University for 18 years, highlighted by three consecutive NEFC championship game appearances in 2001, 2002, and 2003. He enters his third season as Head Coach of the Owls.

The Owls in 2001 had their first perfect regular season, a 10-0 record. The Owls won their first New England Football Conference championship and qualified for their first NCAA Tournament, where they lost to Western Connecticut State, 8-7, in a first-round game.

Coach Kowalski was the architect of the Owls outstanding defense that led the nation in total defense in 2001 and 2002. In 2009 they led the nation in turnover margin and pass efficiency defense.

Prior to his arrival at Westfield State in 1996, Kowalski coached for 14 years at Bulkley High School in Hartford, CT; and was the defensive coordinator for six seasons. Bulkley was a state finalist in 1991 and had one of the top defenses in the state, allowing 5.4 points per game. In 1992 the Hartford school was ranked 2nd in the state.

Kowalski graduated from West Springfield High School. He played a year of football and lacrosse at University of Massachusetts at Amherst, and graduated in 1977 with a degree in Health and Physical Education. He has taught health and physical education in the Hartford schools since 1980.

Westfield State University
Prospect Day

Tuesday
August 2nd, 2016
Going into 9th-12th Grade
No pads or equipment needed
Lunch Provided
See what it is like to be an OWL Football player for the day

577 Western Ave. Westfield, MA 01086
(413) 572-5420 - office
pkowalski@westfield.ma.edu
www.westfieldstateowls.com/
Day 1 PROSPECT DAY

This day is specially designed for High School Football players who are looking to get some exposure to College Coaches at an affordable price. Great opportunity to see our campus, meet our coaching staff, meet our current players, and see the way we coach. Our goal is to create a great atmosphere for the campers to learn the fundamentals. There are no pads just athletic clothing and shoes.

Schedule: 8:45am Check in/ Height & Weight (Woodward Center) after check in you will go to a classroom for our film/drill instruction

9:30am Introductions
9:45am Practice 1 Offense
12noon Lunch (provided)
1pm Practice 2 Defense
2:20pm 7 on 7 Competition
3:15pm Awards/Dismissal

Meet Our Coaches

Pete Kowalski– Head Coach Westfield State
Brian Cain– Defensive Coordinator Westfield State
Dan Letteriello– Offensive Coordinator Westfield State
Wayne McGillicuddy– Tight Ends / Special Teams
Tom Hinsch– Defensive Line Westfield State
Bob Coe - Offensive Line Westfield State
Sean O'Brien– Defensive backs Westfield State

Coach Colleges from around the area

Reasons to go to a camp

- Quality instruction by experienced coaches
- Emphasis on positional skill and development on technique
- Extremely affordable price
- Great camper to coach ratio
- Being able to practice under the lights on a college field
- For the love of the game

Owl Football

The Westfield State Football program takes pride in being known as a tough, hard-nosed team. Each game the Owls go out and show that mentality for 60 minutes.

Offensively, the Owls run out of a “Pistol” set. We are one back formation zone read team. In addition, we are a gap and counter gap team. We want our lineman coming off the ball and knocking people around, receivers blocking downfield and up-the-field running backs who make yards after contact. Our Offense will revolve around our RPO– system and Play action passes along with taking chances down the field.

Defensively, we are a base 4-3 team that runs through our Middle Linebacker. We will also use a 3-4 look. Our base coverage is a quarters look. Coach Kowalski’s philosophy on defense is to be a relentless and physically dominating football team that is committed to stopping the run first, forcing teams to become one-dimensional. We want to be a great tackling team that creates many turnovers.

Special Teams, we take a lot of pride in and are always league leaders. We gain momentum, change field position, and score or set up a score.