



## JV & VARSITY LINEMAN CAMP

JUNE 22, 2015 • 6:30 PM TO 10:00 PM

This will be an up-tempo two-session camp to introduce and develop the different aspects of a good lineman in depth. We will work on a variety of maneuvers and leave each player with an arsenal of drills that he can bring to practice or work on his own. This will not be a walk-in-the-park type of camp. Our goal is to help each player raise his football knowledge and understanding of his position. ONLY CLEATS ARE NEEDED.

**DATE:** Monday, June 22, 2015

**TIMES:** Registration 5:30 – 6:15 PM  
 Session 1 6:30 – 8:15 PM  
 Break 8:15 – 8:30 PM  
 Session 2 8:30 – 10:00 PM

**LOCATION:** Raabe Stadium  
 1401 Swan Boulevard  
 Wauwatosa  
*(see wlc.edu/directions)*

**COST:** \$20 per participant covers both sessions

**AGES:** Junior Varsity & Varsity Players

### OFFENSIVE LINE DEVELOPMENT

**SESSION 1**.....6:30 – 8:15 PM  
*Circuit drills and zone blocking, pulling, pad level, and a variety of developmental drills; includes long snapping*

**BREAK**.....8:15 – 8:30 PM

**SESSION 2**.....8:30 – 10:00 PM  
*Circuit drills, pass protection, screen work, and review of important fundamentals*

### DEFENSIVE LINE DEVELOPMENT

**SESSION 1**.....6:30 – 8:15 PM  
*Stance, ball get-off drills, hand placement, pad level, defeat of blocks, hand fighting; includes long snapping*

**BREAK**.....8:15 – 8:30 PM

**SESSION 2**.....8:30 – 10:00 PM  
*Review of basic run defensive drills, hip drills, pass rush techniques and competitive drill work*

### FOR MORE INFORMATION:

Steve Donovan – Summer Camp Coordinator • steven.donovan@wlc.edu • 414.443.8708

**REGISTER ONLINE AT WLCSPORTS.COM**

## 2015 JV & VARSITY FOOTBALL LINEMAN CAMP

Name \_\_\_\_\_ Position \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

School \_\_\_\_\_ Grade entering Fall 2015 \_\_\_\_\_ GPA \_\_\_\_\_ ACT Score \_\_\_\_\_

Health Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

**LEGAL DISCLAIMER:** Must be signed by participant's parent or legal guardian before application can be accepted. I hereby release Wisconsin Lutheran College and its employees from all responsibilities for damages or injuries while participating at any WLC athletic camps, except injuries resulting from gross negligence or willful misconduct. I certify that the applicant is in good health and able to participate in this camp. I agree to allow the applicant to be treated by a licensed physician if necessary. I grant camp officials, Wisconsin Lutheran College and sponsors the exclusive right to use my name and photo in future promotional items for this event. For more information call 414.443.8808.

Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

Register online at [wlcsports.com](http://wlcsports.com), or mail this form, along with a check payable to Wisconsin Lutheran College to:  
 Wisconsin Lutheran College, Attn: Steve Donovan, 8800 W. Bluemound Road, Milwaukee, Wisconsin 53226