



"It all starts in the Trenches"

1st Annual
Salvation Army Football
Big Man Lineman Camp

Saturday 8/13/11 8:00 a.m. – 1:30 p.m. Salina Central High
Boys 4th through 7th Grade

We welcome all in our program. *"Take pride in being a great offensive lineman"*. It is the objective of Big Man Camp to improve and enhance the abilities of every participant at their position on either offensive or defensive line. We use basic proven techniques and skill execution along with the mental preparation for proper line play. The success is accomplished through organized disciplined and structured instruction from current and former high school and college players, coaches and former coaches in our program.

Camp Techniques

| Offensive | Defensive |
|--------------------|-------------------|
| Stance/Start | Stance/Start |
| Splits & Alignment | Separation/Angles |
| Drive Block | Bull Rush |
| Pass Protection | Swim Rush |
| Sustaining Blocks | |

There will be one on one and group competition during the course of the camp. Participants are matched up according to ability and size and will utilize techniques learned during camp in these competitive situations. This camp is categorized as a NON CONTACT camp. Participants will wear helmets and shoulder pads solely for protection and safety in order to properly teach successful offensive and defensive lineman techniques.

This is a work camp and players should be prepared for a rigorous educational experience. Our hope is that our campers return to their teams with an increase in their confidence to play the demanding positions on the offensive and defensive lines.

SALVATION ARMY FOOTBALL CAMP

Big Man Lineman Camp

Date: August 13, 2011

Place: Salina Central High School - East Practice Field

Time: 8:00 a.m. Registration

Practice: 9:00 a.m. Sharp! To 1:30 p.m.

Tuition: \$25.00

Participants: Any boy who will be in the fourth, fifth, sixth or seventh grade during the 2011-12 school year.

What to bring: Helmet, shoulder pads, shirt to go over shoulder pads, & cleats or tennis shoes (grass surface).

Activities: Campers will receive instruction on basic fundamentals of offensive and defensive line play. These skills will be practiced on dummies and head to head. All campers will practice at 9:00 a.m. Sharp! Parents (Dad's & Mom's) and coaching staffs are invited and encouraged to attend.

Physicals: Copy day of camp if not presented at previous camps.

------(cut along dotted line, mail in lower half)-----

Camper's name: _____ Home phone: _____

Address: _____

Parents name: _____ Work phone: _____

2011-12 Grade: _____ **Height:** _____ **Weight:** _____

- My child has permission to attend the Salvation Army Football Camp(s). Proper tuition is enclosed.
- I have no knowledge of any physical impairment that would affect or be affected by my child's participation.
- In the event of any emergency in which my child requires medical care, I authorize the camp's staff to obtain for him whatever medical treatment the staff, in its best judgment, deems necessary and appropriate.
- I acknowledge that at the Salvation Army Football Camp(s) my child will participate in activities in which he may incur, among other things, contact of the body with other persons or objects, including the ground and my child may incur the risk of injury.
- I specifically waive and release the staff of the Salvation Army Football Camp(s) and USD 305 from liability for any claim for damages which I or my child may have for injuries that he may sustain at the Salvation Army Football Camp(s).
- I understand that violation of camp rules may result in dismissal from the camp(s) with all tuition forfeited.

Parents Signature: _____ Date: _____

Make checks payable to: Salvation Army Football Camp

Camp Director: Dan Flemming
2815 Foxboro Dr.
Salina, KS 67401
(785) 493-2830

You may mail the registration form and check to the Camp Director's address or present them at camp registration. Limited scholarships are available. Call for information and team rates @ (785) 493-2830.