

LEARN FROM THE BEST

Eric Wallich
Head Coach
Damascus H.S.

Ernie McCook
O-Coordinator/O-Line
Shepherd University

Brian Fluery
Assistant Coach
Towson State University

John Kelly
Defensive Coordinator
Quince Orchard HS

Chuck Oswald
O-Line Coach
Good Counsel H.S.

Bill Burns
O-Line Coach
Damascus H.S.

Marty Higgins
Defensive Line Coach
Damascus H.S.

Tony Edwards Sr.
Line Coach
Damascus H.S.

Andy Brown
O-Line Coach
Urbana H.S.

Al Thomas
Defensive Coordinator DHS
8 State Titles

Donnie Zimmerman
Playmaker Recruiting

***Additional coaches not listed**

CONTACT INFORMATION:

<http://www.leaguelineup.com/bigmancamp>
(Registration)

Email:
damascusfootballcamp@hotmail.com

Phone: 301.370.8404

**TO BE THE BEST,
YOU'VE GOT TO TRAIN
WITH THE BEST!**



Mission Statement

The camp will be led by top high school and college line coaches. Our philosophy is to provide a fun and safe training environment aimed towards providing any current or potential lineman the ultimate football experience. Athletes will leave the camp with an excellent understanding of the daily preparation required, a higher confidence level, and fundamental skills necessary to fulfill their potential as a lineman. Athletes will be divided by age groups which will also give additional exposure to high school athletes looking to play offensive or defensive line in college.



2012 **“Battle of the Trenches”** **Big Man Camp** **@ DAMASCUS HIGH SCHOOL**

25921 Ridge Rd.
Damascus, MD 20872
Sponsored by: Damascus Athletic Network



SESSION I: July 10th – July 12th

Camp Times: 5:00 pm – 7:00 pm

Ages: 8 – 18 years old

Sample Daily Schedule

- 5:00 - Opening- "Theme of the Day"
- 5:10 - Camp Warm Up
- 5:30 - Position Fundamentals
- 6:00 - Group Work
(Rotating Offense & Defense)
- 6:20 - 1 on 1's
- 6:30 - Daily Competition
- 6:45 - Team Base Plays:
 - Iso/Belly
 - Power
 - Toss
 - Zone
 - Trap
 - Counter
- 6:55 - Guest Speaker & Daily Awards
- 7:00 - Campers Dismissed



**GET AN EARLY EDGE ON
THE COMPETITION!!!!**

Camp Summary

- \$75 per player per session
- No Football Pads Required

Emphasis placed on essential fundamental football skills needed for development and progression of beginner and advanced players.

Includes

- Stance & Starts
- Footwork & Steps
- Hand Placements
- Aiming points
- Blocking Progressions (O)
- Defensive Front Recognition (O)
- Escape Techniques (D)
- Pass Rush Moves (D)

Daily Competitions & Awards!

All campers will receive a t-shirt and a certificate upon the completion of the camp

Online information & registration at:
<http://www.leaguelineup.com/bigmancamp>

We anticipate a large number of campers to accommodate. We encourage a quick response!

***These materials are neither sponsored nor endorsed by the Board of Education, Montgomery County, the Superintendent, or this school.**

Application

(Fill out this portion and remit with payment or go to leaguelineup.com/damascusfootballcamp)

Name _____

Street _____

City _____

State _____ Zip _____

Home Phone _____

Parent Cell _____

Parent E-mail _____

Age _____ School _____

Circle Shirt Size YL AS AM AL AXL AXXL

Makes checks payable to:
DAMASCUS ATHLETIC NETWORK
Send to: **Damascus Football Camp**
11830 Vineyard Path
New Market, MD 21774

Insurance Provider _____

Medical Insurance # _____

My child has permission to attend the Hornet Football & Speed Camp. I will notify the directors of the camp if my child is on medication or is restricted in any way from participating in all activities. In the event of any emergency in which my child requires medical care, I authorize the Hornet Football staff to act for me and obtain whatever medical treatment the staff in its best judgment deems necessary and appropriate. I specifically consent such treatment including but not limited to hospitalization and surgery and will be responsible for any medical or other charges in connection with attendance at camp

I acknowledge that at the Hornet Football & Speed Camp my child will participate in a sport that may involve among other things, physical contact of the body with other persons or objects, including the ground. I understand that at the Hornet Football & Speed Camp my child may incur a risk of injury. I specifically waive and give up and release the Hornet Football & Speed Camp, its directors, employees and anyone on the premises on which the Hornet Football & Speed Camp is held from liability for any claims or damages which I or my child may have for injuries or illness that may be sustained at the Hornet Football & Speed Camp.

Parent Signature _____ Date _____