

Jim Williams Offensive Line Camps

Camp Location: Dowling High School

Dates: July 15, 16, 17 of 2019

Camp Check-in will be at the camp practice site on Monday, July 15th, 2019.

Camp Sessions

The camps will take place Monday through Wednesday of the week. You are attending (2) sessions on Monday and Tuesday, and the final session Wednesday morning. The morning sessions will all start at 8:30 a.m., and the afternoon session at 12:30 p.m. Each session lasts about 2 hours and 30 minutes.

Lunch will be provided between sessions.

Check in time is 8:00 a.m. on Monday, July 15th, it will be at the camp site.

Camp is open to all applicants from grades 6 to 12.

Staff

Outstanding college and high school coaches

Camp Philosophy and Objectives

To teach and develop in a very specific and personalized way, basic and sound fundamentals of offensive line play that are applicable to all offensive philosophies and schemes.

Featuring

- Quality teaching repetitions of run and pass blocking techniques.
- Emphasis on footwork, leverage, and body position (snap to whistle).
- Developing the attitude and skills of finishing blocks.
- Development of an offensive lineman's attitude and work ethic.
- Weight training for the "O" Lineman - development of Explosive Leg Strength.
- Scheme work by unit.
- Individual critique with a program for the future.
- 40 minute sessions each day on Defensive Line Play.

PLEASE NOTE: THIS IS A NON-PADDED CAMP

Camp Fee/Costs

The fee for the week of instruction is \$175.00 with an \$85.00 deposit due upon enrollment.

The remaining \$90.00 balance will be due at the camps first session.

There will be no refunds after June 15th.

Enrollment Form

Name: _____ School: _____

Home Address: _____ Zip Code: _____

Home Phone: _____ Upcoming Year in school: _____ Shirt size: _____

Enclosed \$85.00 Deposit: _____ \$175.00 Paid in full: _____

Make sure you have your street address, city and zip code.

Complete and make payment to: Jim Williams Offensive Line Camps, 6209 Twana Drive, Des Moines, IA 50322

To the Camp Director: I hereby authorize the director and staff of The Jim Williams Offensive Line Camp to act for me according to their best judgment in an emergency requiring medical decisions and/or attention, and I hereby waive and release the camp of all liability for any illness or injury incurred by the above assigned participant while in camp and while in travel to and from camp.

Parent or Guardian's Signature