

**COACH MONTGOMERY
"BIG MAN" CAMP
(GRADES 9 - 12 ONLY)**

SESSION I

Saturday, July 19, 2008

FORMAT

Individual athletes compete throughout the day in various strong-man events with points earned going toward the team competition. The team with the most points at the end of the day wins the overall Big Man Challenge Championship.

STRENGTH AND CONDITIONING CLINIC

Topics include:

- How linemen are built in the weight room
- Special exercises for linemen
- How to develop lower body speed and power

OFFENSIVE LINE TECHNIQUE & FUNDAMENTALS

Stance, Initial Step, Drive Block Progression and Pass Protection

DEFENSIVE LINE TECHNIQUE & FUNDAMENTALS

Stance, Defeating and Shedding the Blocker, Pass Rush, Tackling

CAMP SCHEDULE

9:00 am	Registration
10:00 am	OL/DL Clinic
11:00 am	Event #1 - Bench Rep Competition
11:35 am	Event #2 - Cliff Hang
12:15 pm	Lunch (Concessions)
1:15 pm	Strength and Conditioning Clinic
2:00 pm	Event #3 - Tire Flip Relay
3:00 pm	Event #4 - Tot & Carry Relay
4:00 pm	Tug-of-War - Top 2 Teams

EQUIPMENT

Helmets are required for all participants. All players should bring both football cleats and tennis shoes in case you are competing on different surfaces.

COST

\$20.00 Pre-Registered by July 1st
\$25.00 Registered after July 1st

**MIAMI FOOTBALL CAMP
ENROLLMENT FORM
(GRADES 9 - 12 ONLY)**

High School _____

Street _____

City _____ State _____

Zip _____ Phone (____) _____

Name _____

Name _____

Name _____

Name _____

Name _____

Name _____

MEDICAL WAIVER & PARENTAL CONSENT

Miami University and the Football Program are not responsible for any injuries. Each individual participates at his own risk. Athletic trainers and use of the athletic training facility are provided. A parental signature is required on the registration form.

Make Checks or Money Orders Payable To and Return To:

**COACH MONTGOMERY LLC
230 YAGER STADIUM
OXFORD, OH 45056**

Any Questions Call 513-529-3319