

# JIM WILLIAMS OFFENSIVE LINE CAMPS

**Camp Location: Dowling High School Dates July 12, 13, 14, 2010**

**Camp Check-In will be at the camp practice site Monday, July 12**

## CAMP SESSIONS

The camps will take place Monday through Wednesday of the week you are attending with two (2) sessions on Monday and Tuesday and the final session Wednesday a.m. The morning sessions begin at 8:30 a.m. and the afternoon sessions 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 a.m. on Monday, July 12, 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.
- 20 minute session 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 \$170 with a \$85 deposit due upon enrollment.

The remaining \$85 balance will be due at the camp's first session.

**There will be no refunds after June 1.**

---

## **ENROLLMENT FORM**

## **JIM WILLIAMS OFFENSIVE LINE CAMP**

NAME: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ UPCOMING YEAR IN SCHOOL \_\_\_\_\_ SHIRT SIZE: \_\_\_\_\_

ENCLOSED \$85 DEPOSIT \_\_\_\_\_ \$170.00 PAID IN FULL \_\_\_\_\_

## **COMPLETE & 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 any 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 Signature