

Certificate of Release

For the consideration of being permitted to participate in the Southern Arkansas University 2008 Offensive Line/Defensive Line Camp, and in consideration thereof, the undersigned hereby release and forever discharges, Southern Arkansas University of their officers, trustees, directors, administrators, coaches, athletic training staff, agents and assigns of each of them who might now, or in the future, liable or alleged to be liable from all crimes, demands, damages, actions, causes of action or suits of any kind or nature whatsoever, in connection with any and all injuries, illnesses, infirmities, and disabilities, known, and unknown, that are presently existing or previously have been suffered by the undersigned and which may become aggravated or re-injured or which may occur as a result of preparation and participation in the said Southern Arkansas University Combine.

The undersigned hereby declares that the terms of this release have been read and are carefully understood and voluntarily accepted. It is understood that the provisions hereof shall be binding on the undersigned and his heirs, personal representatives, and assigns.

I, _____ hereby grant the trainers, team physicians, therapists, technicians, and consultants of Southern Arkansas University to render me any emergency care or other medical or surgical care that might be deemed necessary to insure proper care of any injuries/illness and maintain my health and well being. In the absence of the team or authorized physician, I grant permission to a qualified physician to furnish emergency care using the guidelines above. Also, when necessary for executing such care, permission for hospitalization at an accredited hospital is granted.

Date: _____

Athlete's Signature _____

D.O.B. _____

Parent's Signature _____



Southern Arkansas University Offensive/Defensive Line Camp

June 10-June 12
2008



"Flat Backs and Hard Noses"
2008

FOOTBALL OFFICE
C/O COACH JEFF BYRD
SOUTHERN ARKANSAS UNIVERSITY
P. O. BOX 9179
MAGNOLIA, AR 71754-9179





Camp Objectives

Here at Southern Arkansas we believe that football games are won and lost at the line of scrimmage. We will spend three days working on all aspects of offensive and defensive line play. The emphasis will be on working. This is a working camp. No swimming or touch football games. We will "grind it out" for three days with practice, weight training, and film sessions based on the little things involved with being a great lineman. On the offensive side, we will cover drive blocks, zone schemes, gap schemes, veer schemes, double teams, and pass protection schemes (drop back, sprint-out, and bootleg). On defense we will teach fundamentals of reading blocks, escaping blockers, getting off the ball, hat placement, use of hands, defeating the trap or kick out block, squeezing down blocks, and rushing the passer. Tight ends and linebackers also spend a lot of time using the above techniques, and we will offer mini-sessions to them covering those aspects not covered in the regular day. We will try to keep teammates together because continuity is a big part of having a successful line. Camp staff will include successful high school and college coaches from throughout the area. For more information contact Coach Jeff Byrd at 870-235-4106.

Camp Details

Cost: Camp fee is \$195 for overnight campers and \$125 for day campers. Three meals a day will be provided for overnight campers, and lunch will be provided for day campers. T-shirts will be provided for all campers. A \$50 non-refundable deposit must accompany all registration forms.

Who is eligible to attend? All players entering the 8th through 12th grade are eligible.

What to bring? Bring helmet, shoulder pads, (if not available, these items can be rented for a small charge), athletic shorts, T-shirts, wash clothes, towels, toilet items and bedding. Bring enough clothes for six practices.

Arrival and Departure: We will check in between 10:00 a.m. and 12:00 noon on Tuesday, June 10, at the SAU field house. We will check out on Thursday, June 12, between 11:00 a.m. and 12:00 noon.

Registration: Make checks payable to: Southern Arkansas University
Offensive/Defensive Line Camp
P.O. Box 9179
Magnolia, AR 71754-9179



Sign-up Form

Name: _____

Address: _____

Phone: _____

T-Shirt Size: _____

School: _____

Coach's Full Name: _____

