Lineman Academy Features

- Daily instruction by top offensive and defensive linemen instructors with emphasis on: Fundamentals, Quickness, Speed & Agility, Alignment, Legal Use of Hands, Correct Position & Control, Footwork, Stance and Start, Mental and Physical Preparation, Proper Training and Conditioning.
- Participants are also taught about understanding the importance of academic grades for college recruitment and scholarship opportunities, as well as the NCAA rules and regulations.
- With no other position distractions, the Lineman Academy specializes in organization and instruction with selected coaching personnel who possess teaching qualities that benefit the development of the offensive and defensive lineman.
- The Lineman Academy will emphasize basic fundamentals necessary to be successful in the game's most important area, the trenches.
- All students are separated throughout the entire academy by age, experience and ability! The outstanding coach-to-athlete ratio allows for individualized and small group instruction!
- High school players aged 15-18 are eligible for the exclusive Gridiron Elite. A detailed information packet on each member of the Gridiron Elite will be sent to over 2,500 college football coaches to help each player receive recognition at the college level. This is great nationwide exposure that a player might not get from playing at their high school alone.

- Supervision and Background Checks! Safety and security of your athlete are a concern for Sports International, and therefore, we conduct background checks on all staff, coaches, and father volunteer counselors that attend the academy. In addition, there are athletic trainers on duty 24 hours a day to attend to the player's needs. On the field, your athlete is under the watchful eye of our coaching staff and off the field, father counselors are in charge of supervision. In addition, the majority of the academies where we hold our programs have campus police and/or security staff on campus and available 24 hours a day.

- Film Study: Each participant will have an opportunity to review film with some of the top coaches in your area! You will find our videotape analysis sessions are an excellent training tool to break down technique and are invaluable in the learning process.

- All-you-can-eat meals, with a large variety of tasty selections for the training athlete.

- Housing accommodations on campus. Use of the recreational facilities is included.

- Eligibility: In accordance with NCAA regulations and state rules, players in high school are eligible to attend the academy without jeopardizing their athletic eligibility. The Sports International Lineman Academy meets ALL NCAA and state eligibility rules.

- Football Equipment Needed: Helmet, one light and one dark football jersey, shoulder pads, mouth piece, and football shoes. Equipment available to rent for nominal fee.

- All players receive a free academy T-shirt.

Offensive Lineman

- Recognizing defensive fronts
- Special emphasis will be made on fundamentals
- Different types of run blocks (off-set drive blocks, combo blocking, double team blocks, pulling, trap blocking, hook, cutoff, etc.)
- Pass protection

Defensive Lineman

- Legal use of hands
- Getting off the ball
- Rushing the passer
- Neutralization
- Separation techniques
- Pursuit angles
- Slant techniques
- Gap control
- Reading keys
- Proper tackling techniques

Sample Daily Schedule

**DAY 1**
- 12:00pm Check In
- 2:00pm Practice
- 4:30pm Dinner
- 5:45pm Film Session
- 7:00pm Practice
- 8:30pm Recreation
- 10:00pm Lights Out (Ages 7-10)
- 10:15pm Lights Out (Ages 11-12)
- 10:30pm Lights Out (Ages 13-14)
- 11:00pm Lights Out (Ages 15-18)

**DAY 2**
- 8:00am Breakfast
- 9:30am Practice
- 11:30am Lunch
- 12:30pm Film Session
- 2:30pm Practice
- 4:30pm Dinner
- 5:30pm Film Session
- 8:30pm Recreation
- 10:00pm Lights Out (Ages 7-10)
- 10:15pm Lights Out (Ages 11-12)
- 10:30pm Lights Out (Ages 13-14)
- 11:00pm Lights Out (Ages 15-18)

**DAY 3**
- 8:00am Breakfast
- 9:30am Practice
- 11:00am Check Out
Pat Williams
Lineman Academy
June 25 - 27
St. Paul, MN
University of St. Thomas

Career Highlights

• A Texas A&M Alum, Pat Played 14 seasons in the NFL.
• He first was signed by the Buffalo Bills as an undrafted free agent in 1997.
• Prior to the 2005 season, Williams became a free agent and signed with the Minnesota Vikings.
• Williams played nose tackle in the Minnesota Vikings 4-3 defense. He was known as the "Williams Wall" as well as the "Williams Wrecking Crew" due to his physical presence, along with his teammate Kevin Williams, playing the defensive tackle position.
• Pat helped them lead the Vikings to the best rushing defense in the league for three consecutive seasons (2006-2008).
• He was selected to his first Pro Bowl in 2006, and followed with consecutive selections in 2007 and 2008.
• Pat was also a second-team All-Pro selection in 2007.

Learn from the former Minnesota Vikings legend and get the best football training experience as a lineman!

Accommodations and Meals at University of St. Thomas, St. Paul, MN

The University of St. Thomas is located in St. Paul and is only minutes from Minneapolis. This beautiful campus will provide not only a superior athletic experience, but a fun, comfortable, and relaxing stay.

The beautifully landscaped campus has been used as a setting for two motion pictures.

All participants will stay in one of the dormitories on campus that include XL twin mattresses, a bed, desk, chair, dresser, and a closet or wardrobe.

For more information go to http://www.footballcamps.com or call 301-575-6480
SAM ADAMS LINEMAN ACADEMY
June 27–29, 2020 • Pacific Lutheran University, Tacoma, WA

Accommodations & Meals at Pacific Lutheran University

The beautiful campus at Pacific Lutheran University will provide not only a superior athletic experience, but a fun, comfortable, and relaxing stay. All participants will stay in one of the dormitories on campus that include a twin bed, desk, chair, dresser, and closet or wardrobe. Participants will also be able to enjoy all-you-can-eat meals at the University Center Dining Commons, which is only a 2 minute walk from the dormitory.

Pacific Lutheran University is only 45 minutes from downtown Seattle and 30 minutes from the Sea-Tac Airport. And what a setting— the mountains, the woodlands, and the beaches of the Great Northwest, right on the Pacific Rim!

Accommodation and Meals at UMass–Lowell

Ranked the #2 city in Massachusetts by Go Local, the beautiful campus of UMass Lowell, located right along the Merrimack River, will provide not only a superior athletic experience, but a fun, comfortable and relaxing stay. All participants will stay in one of the new newly renovated dormitories on campus that includes a twin bed, a desk, chair, dresser and a closet or wardrobe. The housing accommodations are directly across the street from Fox Dining Hall, where participants will enjoy all-you-can-eat meals. All practices will be held at one of the fields owned by UMass Lowell. In the evenings participants have the opportunity to enjoy basketball and ping pong.

For more information go to http://www.footballcamps.com or call 301-575-6480
Drew University is located on a beautiful, wooded, 186-acre campus in Madison, New Jersey, a thriving small town close to New York City. Its beautiful campus will provide not only a superior athletic experience, but a fun, comfortable, and relaxing stay. All participants will stay at McLendon Hall. In addition to a twin-sized bed and desk, each room has carpeting, draperies and individually controlled heating and cooling units. Practices will be held daily at the Simon Forum. Participants will also be able to enjoy all-you-can-eat meals at the Ehinger Center Dining Hall.

Drew University is approximately only a 45 minute drive to New York City.

Volunteer Counselors are Needed at the SPORTS INTERNATIONAL LINEMAN ACADEMIES!

The Sports International Lineman Academy is a tremendous opportunity to share something very precious and rare in today's society—time together! As a volunteer, you will receive housing, all-you-can-eat meals, staff shirts, and more importantly, you will share some quality time with your athlete (or players) that you will never forget.

What is expected of me if I volunteer? To supervise and have fun with your athlete (or players) and a small group of players during academy. To be a counselor, you must stay during the entire academy. Day Camper volunteers are welcome to volunteer for the day session.

Volunteers are hired on a first contract received, first hired basis, and the limited number of positions we have available will fill up very fast. If you would like to share the camp experience with your athlete or team (and if volunteer positions are still available), please fill out an online application on our website, http://www.footballcamps.com.

Footnote: You are not guaranteed a spot on staff until you are confirmed by the staffing director.

To sign-up or for more information visit http://www.footballcamps.com

ROMAN OBEN LINEMAN ACADEMY
June 15 –17, 2020 Texas Christian University, Fort Worth, TX

Facilities at Texas Christian University

The Texas Christian University is the alma mater of LaDainian Tomlinson. The campus is located about 3 miles from downtown Fort Worth, TX. TCU’s mascot is the horned frog which is the state reptile of Texas. TCU competes athletically in the NCAA’s Division 1 Big 12 Conference. Participants will be practicing in the Sam Baugh Indoor Practice Facility that is used by the Horned Frogs football program.

ROMAN OBEN LINEMAN ACADEMY
July 14 – 16, 2020 •Drew University, Madison, NJ

Accommodations and Meals at Drew University

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**Participant’s Information**

Participant’s Name ____________________________ (print clearly)
Street ____________________________ Apt. # ______
City ____________________________ State ______ Zip ______
Cell phone (______) ________ Home phone (______) ________ E-mail address: ______

Your age when academy begins ____________ Grade entering in Fall 20__ ____________ Date of Birth ______

Full Name of Organization/Team ____________________________ Shirt Size (circle one): Adult S M XL XXL 3XL
Position (please circle): OL DL

How did you learn about the program (please circle one): Friend I Am A Past Participant Coach Mailing from Team/League Google Yahoo Facebook Instagram Twitter Newspaper Other
(Please Specify ______)

Yes ☐ NO ☐ I would like to receive text messages and phone calls from Sports International and their partner companies with academy information, promotions and more.

Your agreement

**Check Sports Overnight or Day option:**

*187.97 non-refundable deposit, (this is part of the total tuition – See Easy Payment Plan)

☐ Overnight Academy— $499.97 tuition

☐ Day Academy— $479.97 tuition

Attend multiple Sports International programs to save money on tuition! For more information go to: https://www.footballcamps.com/linemanacademies/InfoforallLinemanAcademies/tuitiondiscounts/discounts/

**Check Program wanted:**

Pat Williams Lineman Academy June 25 - 27, 20__ University of St. Thomas, St. Paul, MN

Sam Adams Lineman Academy June 27 - 29, 20__ Pacific Lutheran University, Tacoma, WA

Jarvis Green Lineman Academy July 6 - 8, 20__ UMass–Lowell, Lowell, MA

Roman Oben Lineman Academy June 15 – 17, 20__ Texas Christian University, Fort Worth, TX

Roman Oben Lineman Academy July 14–16, 20__ Drew University, Madison, NJ

☐ Yes, I do want to purchase Cancellation Insurance. Check all that apply

☐ $39.97 for Lineman Academy

☐ I have read and I accept the terms and conditions described in the academy brochure.

Signature ____________________________ Parent/Guardian

**Method of Payment**

☐ Check Enclosed  Check # ______

Put $ ______ on my: ☐ MasterCard ☐ VISA ☐ Discover ☐ American Express

Card Number ____________________________ Exp. Date ______

Cardholder’s Name ____________________________ Security Code ______

Cardholder’s Phone Number (______) ________

Billing Address: Street ____________________________ Apt. # ______

City ____________________________ State ______ Zip ______

Cardholder’s Signature ____________________________

**Cancellation & Refund Policy**

Pre-enrollment determines the number of staff hired and the number of participants guaranteed to the program location. With this in mind, the $187.97 deposit is non-refundable for any reason. Any additional tuition paid is non-refundable for any reason other than medical or if you have taken out cancellation insurance. Medical refunds can be issued up until 45 days from the 1st day of the program. Requests for medical refunds, less the non-refundable deposit of $187.97, must be in writing accompanied by a physician’s letter of explanation prior to 45 days from the 1st day of the program. Tuition is only $99.97 for attendees of a Sports International 4-Day Program). Meals and housing are included in the participant tuition fee. Enrollment is guaranteed only when all payments are made on time and/or after receipt of total tuition. As long as a room is available, enrollment will be accepted with only a $187.97 non-refundable deposit. Enrollment is limited! Register today! Yes, $6 processing fee will be applied anytime a payment is made.

**CANCELLATION INSURANCE**

In the unlikely event you may need to withdraw from the program, you may consider purchasing cancellation insurance from your personal insurance agent or you may purchase this coverage directly from Sports International when you register. When cancellation insurance is purchased from Sports International, you will receive a full refund of all program tuition paid (LESS THE DEPOSIT) if you need to cancel for any reason after the program starts. Cancellation insurance must be purchased for each individual program. Coverage only applies to the program, for which cancellation insurance is purchased. It must be purchased at the time of registration and cannot be purchased after that time.

**Tuition & Easy Payment Plan**

To reserve a spot in the academy today is easy! With only a $187.97 non-refundable deposit you can reserve a spot in the academy! The total academy tuition is only $99.97 ($499.97 for attendees of a Sports International 4-Day Program). Meals and housing are included in the participant tuition fee. Enrollment is guaranteed only when all payments are made on time and/or after receipt of total tuition. As long as a room is available, enrollment will be accepted with only a $187.97 non-refundable deposit. Enrollment is limited! Register today! Yes, $6 processing fee will be applied anytime a payment is made.

*2020 headliners, dates, and locations are subject to change.*

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