

LINEMAN ACADEMIES



Pat Williams Lineman Academy

June 25 - 27, 2020 University of St. Thomas, St. Paul, MN 2

Sam Adams Lineman Academy

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Jarvis Green Lineman Academy

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Roman Oben Lineman Academy

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Roman Oben Lineman Academy

July 14 - 16, 2020 Drew University, Madison, NJ 5



Lineman Academy Features

• Daily instruction by top offensive and defensive lineman 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



301-575-6480

<http://www.footballcamps.com>

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

Academy concludes at or before 11am. Please check out at this time.



Pat Williams
Former Defensive Tackle
Minnesota Vikings

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



Like us on Facebook
Sports International Football Camps



Follow us on Twitter
@sfootballcamps



Follow us on Instagram
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Follow us on Google+
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SAM ADAMS
Former Tackle
Seattle Seahawks

SAM ADAMS LINEMAN ACADEMY

June 27 – 29, 2020 • Pacific Lutheran University, Tacoma, WA

Career Highlights

- After attending Cypress Creek High School in Houston, where he was named the Prep Southwest Defensive Player of the Year, Adams went on to play football for Texas A&M University, starting three years for the Aggies. He was recognized as a consensus first-team All-American, and was named National Defensive Player of the Year by Sports Illustrated. He finished his college career with 169 total tackles, 23 tackles for a loss, 20.5 sacks, seven forced fumbles, three fumble recoveries, and two interceptions.
- In the 1994 NFL Draft, Adams was selected in the first round (eighth overall) by the Seattle Seahawks, where he played for six seasons, making the AFC Pro Bowl as an alternate in 1997. Adams was also selected to the Pro Bowl in 2000, 2001, and 2004. After signing with the Baltimore Ravens in 2000, he helped lead one of the all-time best defenses in NFL history to a Super Bowl XXXV victory.
- Nicknamed "The Man Mountain," Adams played 206 career games over fourteen seasons with six different teams in the NFL, finishing with 398 tackles, 44 sacks, 36 passes defended, six forced fumbles, and three interceptions.

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!



JARVIS GREEN LINEMAN ACADEMY

July 6 – 8, 2020 • UMass–Lowell, Lowell, MA



JARVIS GREEN
Former Defensive End
New England Patriots

Career Highlights

- Green played his entire career with the Patriots from 2002-2009, finishing with 28 sacks, nine forced fumbles, five passes defended and 232 tackles. Green played in all 16 games in 2004 for the Patriots, starting all three playoff games, including Super Bowl XXXIX, and set a career-high in 2006 with 7.5 sacks and two passes defended. the Patriots' All-1990's Team.



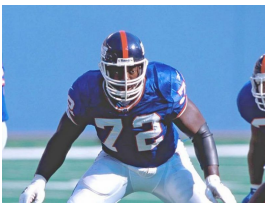
Accommodations and Meals at UMass–Lowell

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



For more information go to <http://www.footballcamps.com> or call 301-575-6480





ROMAN OBEN LINEMAN ACADEMY

June 15 –17, 2020 Texas Christian University, Fort Worth, TX

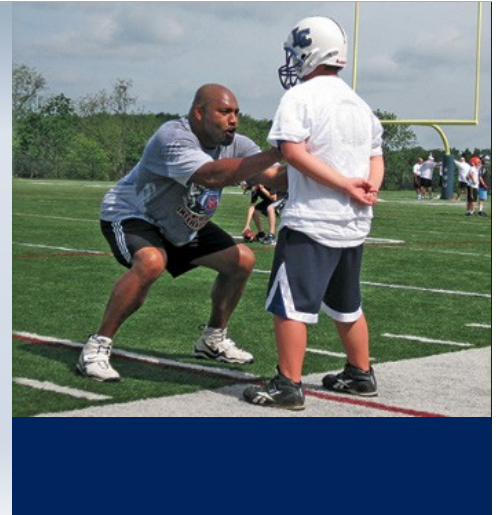
Roman Oben
Former Offensive Tackle

Career Highlights

- Oben played his college ball at University of Louisville, where he was a four year letterman and three year letterman in track and field.
- Oben was selected in the third round of the 1996 NFL draft by the New York Giants.
- Roman played 11 total seasons in the NFL with the New York Giants, Cleveland Browns, Tampa Bay Buccaneers, and the San Diego Chargers.
- Roman's best career was with the Tampa Bay Buccaneers. He was on an offensive line that only allowed one sack in 100 passing situations during the postseason and led the Bucs to a Super Bowl XXXVII victory.

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



ROMAN OBEN
Former Tackle
NY Giants

- Oben spent 12 years as an offensive tackle in the NFL playing for the New York Giants from 1996 to 1999 and starting in 48 of 50 games.
- Oben also spent time with the Cleveland Browns, San Diego Chargers, and was a member of the Super Bowl XXXVII Champion Tampa Bay Buccaneers in 2002.
- A two-sport college athlete at the University of Louisville, Oben was inducted into the Kentucky Pro Football Hall of Fame in 2013.

Accommodations and Meals at Drew University

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>

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 2020 _____ Date of Birth _____ This will be the _____ time I have attended this academy.
 All information will be sent via email

Full Name of Organization/Team _____ Shirt Size (circle one): Adult S M L XL XXL XXXL

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— \$549.97 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:

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

I understand that I must purchase this insurance when I register for the academy. I understand I will receive a full refund (less the non-refundable deposit) of all tuition paid if I need to cancel up to 48 hours before the academy starts.

- \$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 _____

<p>CANCELLATION INSURANCE</p> <p>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 48 hours before 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.</p>	<p>TUITION & EASY PAYMENT PLAN</p> <p>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 \$549.97 (\$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 room is available, enrollment will be accepted with only a \$187.97 non-refundable deposit. Enrollment is limited! Register today! *A\$8 processing fee will be applied anytime a payment is made.</p>
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Discount or Free Football:

I understand I can select a tuition discount for one player I recommend, or a tuition discount OR FREE Autograph Football for two players I recommend.

Your name must be on the friend's application. If you earn a free autograph football or a tuition discount, select one of the following. Discounts and/or free footballs cannot be used together.

- Free Blank Autograph Football
- Tuition Discount

Your friends must give your name when they sign up by phone or your name must be on their applications when they call or sign-up online.

No exceptions! Each team must use the same name when they sign up. Applications DO NOT need to be submitted in together. To receive a tuition discount (instead of the free autograph football – you cannot take both) select "Tuition Discount" on your application.

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 - NO EXCEPTIONS! 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. (If you register after 45 days from the 1st day of the program, there are no refunds for medical reasons.)

DEDUCTIONS: If you arrive late and/or leave early, there are no tuition deductions or discounts-No Exceptions.

To reserve a spot in the academy you may:
Call 301-575-6480 (9:00 am – 6:00 pm EST)
Monday - Friday
Internet: <http://www.footballcamps.com>

For more information, call
301-575-6480 or e-mail at:
information@footballcamps.com

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