



1242 Hwy. 20

Thibodaux, LA 70301

CAMP INFORMATION

Location : Nicholls State University, Thibodaux, Louisiana

Date: June 16 - June 19, 2018 **Cost:** \$425

* Helmet rental if needed \$10

APPLICATION

Please type or print clearly.

Name (Last, First) _____

Street Address _____

City/State/Zip _____

Your Age _____ Grade _____

Home Phone () _____

Email Address _____

School _____

Any restrictions on participation? _____

Roommate preference? _____

**Make checks payable to
OFF/DEF Camp and
Mail to OFF/DEF Camp
1242 Hwy. 20
Thibodaux, LA 70301**

My son has permission to attend OFF/DEF Line Camp. Enclosed is a \$100 non-refundable reservation fee. This will apply to the tuition, the balance of \$325 will be paid at registration.

Camp recommended to me by _____

I have no knowledge of any physical impairment that would affect or be affected by my son's participation in the OFF/DEF Line Camp program.

In the event of any emergency in which my son requires medical care I authorize the staff of the OFF/DEF Line Camp to act for me and obtain for him whatever medical treatment the staff in its best judgment deems necessary and appropriate. I specifically consent to such treatment including, but not limited to, hospitalization and surgery and will be responsible for any medical or other charges in connection with his attendance at camp, not covered by camp insurances.

I acknowledge that at OFF/DEF Line Camp my son will participate in a sport that may involve, among other things, physical contact of the body with other persons or objects, including the ground; that at the OFF/DEF Line Camp he may incur a risk of injury. I specifically waive and give up and release the OFF/DEF Line Camp, its owners and staff from liability for any claim for damages which I or my son may have for injuries or illnesses that he may sustain at OFF/DEF Line Camp.

I authorize the OFF/DEF Line Camp to use any photographs or articles about my son for publicity purposes.

I understand that violation of camp rules may result in dismissal from camp with tuition forfeited.

Parent's Signature _____ Date _____
(no player will be accepted without approval)

He is covered by _____
(insurance company)

Policy # _____

BRING TO CAMP:

- Broken-in football shoes
- Helmet if available
- Practice shirts and shorts
- Sleeping bag or bed linen
- Towels and soap
- Tennis shoes

LAUNDRY:

Coin-operated machines available in dorm. Bring laundry detergent.

SPENDING MONEY:

Cokes and snacks are available after late evening meeting – bring about \$20 to \$30.

CAMP T-SHIRTS:

Will be awarded at the end of camp.

HOW TO GET TO CAMP:

Directions on line at www.offdeflinecamp.com

TUITION:

\$425 per camper. This includes room, meals, t-shirt, and instruction. (Helmet rental \$10 per camper if needed.) Can be paid by credit card on line at www.offdeflinecamp.com

REGISTRATION:

Thibodaux, LA: Saturday, June 16th, 10 a.m.-1 p.m. Cotillion Ballroom

Camp Pickup: Tuesday at 11:30 am at the dormitory.

APPLICATION:

Applications should be sent to:

**Offensive/Defensive Line Camp
1242 Hwy. 20
Thibodaux, LA 70301**

Application should be accompanied by a \$100 deposit for each camper. No player is accepted unless application is signed by parent or legal guardian. Your cancelled check or credit card charge is proof of your acceptance to camp.

COACHES/GUESTS:

Coaches, parents, and guests are welcome to attend practices and lectures.

INQUIRIES:

For applications and further information contact: Don Rodrigue, OFF/DEF Line Camp, 1242 Hwy. 20, Thibodaux, LA 70301, or call 985-859-7810 or check our web site, www.offdeflinecamp.com.

Online Inquiries:
Randy Breaux - 985-232-1379

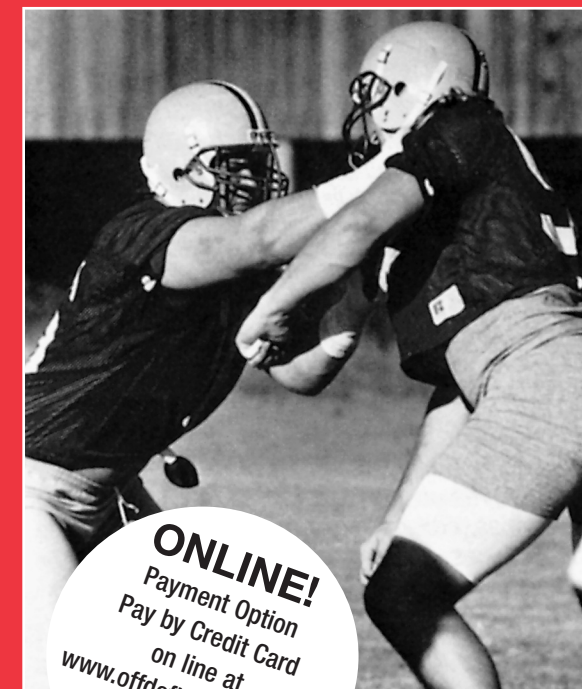
THE ORIGINAL



NICHOLLS STATE UNIVERSITY

Thibodaux, LA

June 16 - June 19, 2018



ONLINE!
Payment Option
Pay by Credit Card
on line at
www.offdeflinecamp.com
ONLINE!

2014 was my first opportunity to attend the Offensive/Defensive Line Camp due to my job (NFL Offensive Lineman past 16 years). I was very impressed with the fundamentals and techniques being taught, as those are things that are very important to me. I look forward to working with the young linemen, and giving back to the game.

*-Kevin Mawae
8x ALL PRO
8x PRO BOWLER
LSU Hall of Famer, 2007*

OFF/DEF Line Camp is unique. There have always been specialty camps for quarterbacks, wide receivers, and running backs—now we have a camp for the backbone of all teams—**THE LINEMAN**. You will receive more than 40 solid hours of instruction and individual attention. No other camp provides this.


We concentrate exclusively on offensive line, tight ends, defensive line and linebackers. All of our coaches are **teachers**. This is a no-frills camp with emphasis on development of skills and techniques to become better linemen.


Open to offensive and defensive linemen from grades 9-12. Offensive line includes centers, guards, tackles and tight ends. Defensive line includes nose guards, tackles, ends and **linebackers**.

The OFF/DEF Line Camp is designed to polish skills and techniques of good offensive and defensive line play. Intensive individual coaching helps to develop confidence and improves team play. There is no contact work.

Points of emphasis:


OFFENSIVE LINE


 Stance - Importance of a good stance allowing you to execute all of your assignments, not a different stance for each assignment


 Explosion Drills - Importance of pad level and maintaining power angles in the ankles, knees, and hips during the approach phase of the block.


 Leverage Drills - Emphasis on finishing what you started - block starts on contact.

 Steps - Landmarks - Techniques of Individual Blocks. Example: Drive block, Hook block, Down block and Trap block (1st and 2nd level).

 Steps - Landmarks - Techniques of Combo Blocks. Example : Short combo, Long combo, Inside Zone and Outside Zone.

 Progression of Individual Pass Sets on defenders aligned inside, head-up, outside, and wide.

 Incorporation of different pass protection schemes such as Quick (3step), Pocket and Slide (5step), Sprint, and Play Action.

 Team Work - Working in tandem and as a unit - (Bring offensive line teammates with you and work together).

DEFENSIVE LINE

 Pass rush techniques vs. drop back—play action & three-step drop

 Reaction to most commonly used blocking schemes

 Effective use of hands-on defense for lineman and linebackers

 Work habits necessary to become an outstanding defensive player

 Extensive film study of drills and techniques

NICHOLLS STATE UNIVERSITY



Thibodaux, LA
June 16 - June 19, 2018

COACHES

PETE JENKINS - Defensive Coordinator, coached defensive line at the high school, college, and professional levels for 30+ years

MARK SONGY - Offensive Coordinator, Offensive Line Coach and Head Coach in the high school level for over 30 years

DON RODRIGUE - Camp Director, 40 years of college and high school coaching, 31 years on camp staff

RANDY BREAUX - Registration & Camp Director, 30+ years of high school coaching, 18 years OL/DL staff member

JR. COLLEGE & HIGH SCHOOL COACHES FROM LA, TX, AND MISSISSIPPI.

CURRENT AND FORMER PRO PLAYERS AND COACHES.

NICHOLLS STATE UNIVERSITY FOOTBALL TRAINING STAFF

Many Line Camp participants have had great college and professional football careers. Several of our graduates have received the coveted “Outland Trophy” for Most Outstanding Lineman in college football: Glenn Dorsey from LSU and Aaron Taylor from the University of Nebraska.

Aaron said, “The work ethic necessary for all lineman is emphasized at the Offensive Defensive Line Camp”. He highly recommends The ‘Original’ OFF/DEF Line Camp if you are serious about being the best you can be as a lineman.

PRACTICE SCHEDULE

PRACTICE SESSIONS: There will be four sessions each day.

MORNING SESSION: (on practice field) Session emphasis will be on development of individual skills and techniques for good OFF/DEF line play. Morning sessions focus primarily on the running game.

MIDDAY SESSION:(on practice field)The regular practice continues skill development and adds pass protection training for the offensive line and pass rush techniques for the defensive line”.

AFTERNOON SESSION: (on practice field) Individual skill development is part of every session, but the afternoon session focuses primarily on group techniques. ***Coaches— send us groups of linemen and we will work them together as a unit to help develop the teamwork needed for good pass protection and pass rush.**

NIGHT SESSION: (in meeting room) Skull sessions. Teaching films as well as videos from earlier practice sessions will be used to help improve each individual.