

What do you gain at The Big Man Academy?

- Individual instruction and evaluation from the staff
- Correct common errors of OL and DL with respect to technique
- Classroom lectures and film study with evaluations daily

Fundamental instruction includes:

1. RUN DEFENSE

- Stance, starts, block recognition, strike hand placement, separation, escapes -- 1 vs. 1 and 2 vs. 1

2. PASS RUSH

- Stance, take-off, pass rush moves and counters for pressuring the QB

3. RUN BLOCKING

- Stance, start, fit, drive and reach blocks, pull and combo blocking

4. PASS BLOCKING

- Stance, kick slide, hands and footwork used in pass blocking

THE CITADEL COACHING STAFF

Bob Bodine
Offensive Line
The Citadel

Denny Doornbos
Defensive Line
The Citadel

Nate Hogge
Tight Ends
The Citadel

Andrew Alden
Defensive Line Assistant
The Citadel

KEVIN HIGGINS FOOTBALL CAMP
171 Moultrie Street, Seignious Hall
Charleston, SC 29409
Phone (843) 953-5123
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**THE KEVIN HIGGINS
2011 BIG MAN
LINEMAN ACADEMY
AT THE CITADEL**

(8TH TO 12TH GRADE)

Friday-Saturday, June 17-18



TYPICAL DAY

Day 1

1:30 – 2:30 PM	Registration
2:45 – 3:00 PM	Camp Meeting
3:15 – 4:45 PM	Field Session #1
5:00 – 5:45 PM	Dinner (Bring or Buy Pizza)
6:00 – 6:30 PM	Classroom Session #2
6:45 – 8:15 PM	Field Session #2
8:30 PM	Dismissal

Day 2 (*Academy Ends at 4:30pm Saturday*)

8:15 – 8:30 AM	Academy Students Arrive
8:30 – 9:00 AM	1 on 1 and Drill Tape Review
9:00 – 9:30 AM	Classroom Session #3
9:45 – 11:45 AM	Field Session #3
12:00 – 1:00 PM	Lunch (Bring or Buy Pizza)
1:15 – 2:00 PM	Classroom Session #4
2:15 – 4:15 PM	Field Session #4
4:30 PM	Dismissal

EQUIPMENT

Participants must provide their own equipment. This includes helmet, shoulder pads, jersey, shorts, football shoes and athletic supporter. ***IF YOUR STATE HIGH SCHOOL ASSOCIATION PROHIBITS EQUIPMENT FROM BEING USED, YOU MAY STILL ATTEND THE CAMP**

CAMP OBJECTIVE

To offer a quality, inexpensive, highly competitive two day camp, directly devoted to the teaching of Offensive and Defensive Line techniques. The emphasis will be on Offensive Run and Pass blocking, along with Defensive Run Stopping and Pass Rushing.

This will be a highly intense three day contact football academy solely dedicated to develop the skills of the offensive and defensive linemen.

THE KEVIN HIGGINS LINEMAN ACADEMY AT THE CITADEL

Please make check payable to

Kevin Higgins LLC

Send check with form to:

Lineman Academy

171 Moultrie Street

Football Office

Charleston, SC 29409

- Day Campers \$135
- Sleep Over Must Make Own Hotel Arrangements

T-Shirt Size(M, L, XL, XXL)

Name: _____

School: _____

Date of Birth: _____

Grade(next fall): _____ Age : _____

Camper E-mail: _____

Address: _____

City: _____

State: _____ Zip: _____

Parents E-mail: _____

Home Telephone: _____

Parents Cell: _____

Work/Emergency Phone: _____

Parent's

Name: _____

Student Height: _____ Weight: _____

Medical/Health
Coverage: _____

I hereby make application for my child

to attend The Kevin Higgins Lineman Academy at The Citadel. I pledge for his compliance with all camp rules.

(Signature of Parent or Guardian)

It is necessary that our doctor has parents' permission to administer treatment in event of an accident or sudden illness.

Name: _____

Date of Last tetanus immunization: _____

List any conditions that physicians should be aware of: _____

Emergency contacts:

1) _____ Phone _____

2) _____ Phone _____

I hereby authorize any medical treatment which may be advised or recommended by the attending physician of _____ (student name) while at The Citadel.

Insurance Coverage for accidental injury is required by all participants. In most instances, family health is adequate.

- I have the required insurance
- I do not have the required insurance

Insurance Company: _____

Policy#: _____

(Parents Signature of Parent/Guardian)

***NCAA mandates that all Kevin Higgins Football camps be open to all students that fall in age or grade level for that particular camp.