

ATHLETIC PERFORMANCE TRAINING NORTHWEST  
3705 FAIRVIEW WAY  
WEST LINN, OR 97068

## CAMP SCHEDULE

July 12-15, 2010

### Youth Session

- 8:30am Registration and Check In (Day 1)  
9:00am Warm-Up and Stretch  
9:15am Offensive Line Work/RB Run Drills  
9:55am BREAK  
10:05am Defensive Line Work/RB Pass Drills  
11:00am Break Camp

### High School Session

- 11:30am Registration and Check In (Day 1)  
12:00pm Warm-Up and Stretch  
12:15pm Offensive Line Work/RB Run Drills  
1:25pm BREAK  
1:35pm Defensive Line Work/RB Pass Drills  
3:00pm Break Camp

## EQUIPMENT

Each camper should bring:

- Shoulder Pads      -Helmet & Chin Strap  
-Mouth Piece      -Cleats/ Athletic Shoes  
-PLENTY OF WATER!

## LOCATION

### WEST LINN HIGH SCHOOL

\*Exit I-205 and proceed North on HWY 43 until you reach McKillican St. Turn *Left* up McKillican St. When you reach the top, turn *Right* on West "A" Street. Continue for one block and then turn *Left* onto Skyline Road.

\*The upper and lower parking lots will be on your right, and the field will be on your left.

Please Call or E-mail us with any questions or concerns.

West Linn: Mark Brandenburg  
(503)307-3241

Portland: Cam McFarland  
(503)702-0568

[crazedhaws@live.com](mailto:crazedhaws@live.com)



## ATHLETIC PERFORMANCE TRAINING NORTHWEST

*Proudly Presents*

The 8<sup>th</sup> Annual

**CRAZED HAWGS**  
Lineman Camp

&

**RAZORBACKS**  
Running Back Camp

*For Players in Grades 3-12*

**Directed by**

**Coach Mark Brandenburg**

Coach Brandenburg also serves as West Linn H.S. Line Coach and Director of Athletic Training camps by Athletic Performance Training Northwest.



## OUR GOAL

Line play, both offensive and defensive is perhaps the most vital component of any successful football program.

The Crazyed Hawgs & Razorbacks Football Camp is specifically designed to enhance the fundamental skills of the most current, as well as, time tested techniques used in the trenches & backfield.

Our goal is to teach players how to make football fun and fulfilling, as well as exciting and challenging.

We strongly believe that we can assist young players and teams to become the best they can be by the instruction of solid fundamentals and positive motivation.

The Crazyed Hawgs & Razorbacks Football Camp promises to be an exceptional experience, with our outstanding coaching staff and your player. I sincerely hope you can join us.

### Pre-registration cut-off dates:

June 20, 2009 for North Coast Camp

July 1, 2009 for West Linn Camp

## TRAINING OBJECTIVES

**OFFENSIVE LINE:** Stance and balance, pass block techniques & run techniques

**DEFENSIVE LINE:** Stance & get offs, pass rush techniques, run techniques and combative hand skills.

**RUNNING BACKS:** The Razorback skill set will be enhanced by intensive repetition of run & pass drills.

Running backs will be incorporated into group sessions with lineman to practice their skills at recognition tempo.

Target run skills are stance, ball protection, hole recognition, cut back running, footwork in the hole, finishing the run, and blocking.

Target pass skills are receiving, blocking (kick out), blitz pick up & seal, and check release technique.

**In addition to group work, the camp will focus on building functional improvement in each individual camper through refinement of individual technique and fundamentals,**

**Improvement in quickness and agility, Development of the "winning" attitude, and building self-confidence**

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Phone Number \_\_\_\_\_

E-Mail \_\_\_\_\_

School \_\_\_\_\_

Grade \_\_\_\_\_

Position \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone Number \_\_\_\_\_

Insurance Co. \_\_\_\_\_

Policy Number \_\_\_\_\_

Please check which session your player will be enrolled in:

Youth (Grades 3-8) \$100 \_\_\_\_\_

High School \$120 \_\_\_\_\_

### Liability Waiver

I, the parent/guardian agree that the Crazyed Hawgs & Razorbacks Camp, Athletic Performance Training NW, all instructors and the facility where the camp is held will not be held responsible for any accidents or loss, however caused. I/we hereby release and forever discharge from all demands, causes of action, suits, or liabilities for personal injury and/or property damage as a result of participating in said program.

Parent Print Name \_\_\_\_\_

Parent Sign Name \_\_\_\_\_

Date \_\_\_\_\_

**\*Please Make Checks Payable to:  
"Championship Football Camps"**