

Goals of the Camp

To get the student-athlete the necessary fundamentals in the area of offensive and defensive line play. Defensive lineman will learn stance, get off, hand placement and leverage, lock out and escapes, defeating run blocks and pass rush techniques. Offensive lineman will learn stance, technical aspects of the drive and reach, zone and combination schemes and pass protection sets.



Directors

Don Mion was most recently an assistant coach at the University @ Albany for 17 years. Don has worked with all levels of the defense with over 10 years on the Defensive line. Don has also been a Head High school coach in the area for 19 years.



Mark McQuade has coached the varsity offensive /defensive line at Shenendehowa for over 20 years. He has been strength and conditioning coach and a defensive coordinator. Mark received a master degree at the University @ Albany and worked under legendary coach Bod Ford.

Sample Itinerary for Offensive Day

First Day is at 6:00 for registration

6:30 pm Warm up and Stretch

6:45 Individual instruction- Run blocking: Drive, Reach, Double team, Zone

7:30 Water Break/ Guest Speaker

7:35 CONTESTS

7:45 Pass Blocking Techniques- footwork, sets, hand placement

8:45 Pass Pro vs Pass Rush

9:00 Dismissal



Sample Itinerary for Defensive Day

6:30 pm Warm up and Stretch

6:45 Defensive line related footwork and agility drills

7:15 Individual instruction -Defeat run schemes, drive, reach, double, pull/traps

7:35 Water Break/ Guest Speaker

7:35 CONTESTS

7:45 Pass Rush Techniques- footwork, get offs, hand placement

8:45 Pass Pro vs Pass Rush

9:00 Dismissal

Dog Pound Line Camp 2017



When:

July 17 - 20

Where:

Shenendehowa Athletic Fields

Who:

Offensive lineman , Defensive lineman, Tight Ends and Defensive Ends
(7th Grade and up)

Time:

6:30 - 9:00

Equipment:

Helmets, Shoulder pads ,
Cleats, Mouthpiece

Medical Form

Note: Your insurance will be the primary source coverage if your child is injured. The camp insurance policy is a secondary one covering expenses that your insurance does not.

Insurance Company _____

Any known Injuries, Illnesses, or Allergies
Y/N (if yes) _____

Parent/Guardian Statement

I hereby give my above mentioned child permission to attend Dog Pound Line Camp. I verify, to the best of my knowledge, that my child is physically able to participate in the activities of the camp. In addition, I here state that Don Mion/Mark McQuade are not responsible for any pre-existing illness or injury of my child prior to the first day of camp. I give my written permission to allow my child to be treated, if necessary, by a physician and trainer while attending. Applying for acceptance, I waive and release right and claims for any and all damage against camp owners Don Mion and Mark McQuade. I hereby release and exonerate the camp and its employees from any injury incurred at the camp or to/from the camp.

Signature of Parent/Guardian Date

1. _____

Name

(7) (8) (9) (10) (11) (12)

Grade (Sept. '17) CIRCLE ONE

2. _____

School

3. _____

Email

4. _____

Parent or Guardian Name

5. _____

Cell phone #

Payment

Make Checks payable to: Don Mion

\$125 per camper pre-registered

\$135 on 1st day

\$100 per camper w/ 5 from same
school

*(if you paid the 1 camper amount and your
school has 5 or more, we will reimburse you
at camp)*

To Contact us

Phone

Don Mion (518) 330-9103

Mark McQuade (518) 881-0437

E - Mail Address

dmion56@gmail.com

mcqumark@shenet.org

Register Online

<http://www.safepayevents.com/Home.aspx?ID=117233039>

or

Mail Info to:

Dog Pound Football Camp
14 Nottingham way North
Clifton park, NY 12065

If you pay online please print
and sign the medical form
and bring it the first night.