



CRUSADER FOOTBALL

LINEMAN/ STRONG MAN CAMP



Where: Montini Catholic

We will be inside (fieldhouse or Gym) for the first few weeks and On the Turf on good weather days.

When: The Following Sundays 2-3:30pm

March 17th, 24th*****April 7th, 14th, 21st, 28th*****May 5th, 19th, 26th*****June 2nd

Cost: \$20 per session ***Early Bird Package Deal = 10 sessions \$140

This camp is for OL/DL lineman as well as any other players that want to get better in the trenches on both sides of the ball. During these 9 sessions we will progressively focus on building Strength and Confidence by working and improving footwork, body positioning, stance, exploding out of stance, leverage, hand placement, rushing, block shedding, Tackling and other forms of efficient powerful movement!

Sessions will be Coached by H.S. Players and Coaches that create a Fun and Positive experience while building Physical and Toughminded- Aggressive Football Players on both sides of the Line.

Contact to sign up: Pete Jezyk @ 630-824-8306 or Pjezyk11@yahoo.com