



## Philosophy

The camp philosophy is to provide solid fundamental football skills in all aspects of line play; run and pass blocking, pass rush, reading keys, conditioning and flexibility drills. We will teach techniques that are vital to the athlete in reaching his fullest potential. There will also be instruction in weight training, running techniques, flexibility exercises and special skills.

## Purpose

The camp is to teach every player the fundamental and advanced skills necessary to make him a better football player and to help him develop further athletic ideals in sportsmanship, leadership, and citizenship. An evaluation of each boy will be submitted to the participant at the end of camp.

## Details

The camp will be conducted at Illinois Wesleyan University, utilizing the University's athletic facilities. Campers will be housed in University living units and supervised by the camp staff. **Check in time is between 12 Noon and 2:00 P.M. on Sunday, June 20 at Munsell Hall.** All meals beginning Sunday evening dinner through Wednesday breakfast are included in the registration fee. Commuters are provided all meals **except breakfast.** Dismissal is on Wednesday at 11:30 A.M.

Double sessions will begin on Sunday and will continue through Wednesday. The daily schedule provides time to enjoy such campus recreational activities as tennis, basketball, swimming, volleyball and weight facilities. Full time trainer will be available.

### Features:

- Lectures and Chalk Talks
- Individual Instruction
- Instructional Films
- Game Films
- Developing Positive Attitude
- Training Films
- Academic Counseling
- Self-Evaluation
- Weight Training Instruction
- Personal Healthful Hints
- Drills and Techniques of Each Position
- Pro Hi Lite Films
- Flexibility Exercises
- Increasing Speed & Improving Agility
- Use of Video Tape

**Tuition:** The cost is **\$325.00** for resident campers and **\$245.00** for a commuter. The fee includes room, board, instruction, position hand-outs, football training films and a T-shirt. Commuters have lunch and dinner in dorm. Helmet and shoulder pad rental fee is **\$25.00.**

**Special Rate:** If a school brings their entire offensive line (5 positions) or defensive line (4 or 5 positions), their coach can attend camp free of charge (room and board free) and each individual lineman will receive a **\$30.00 discount** (cost will be **\$295.00** for resident and **\$215.00** for commuter). Full payment or a **\$100.00 deposit** is required with the application. Balance due upon registration — **June 20.** Limited Enrollment.

### Midwest Linemen's Camp Norm Eash — Director

Illinois Wesleyan University  
P.O. Box 2900  
Bloomington, IL 61702-2900  
e-mail: neash@iwu.edu

**\*Note:** All campers must comply with the rules and regulations of Midwest Linemen's Camp. Any serious violations or abuses will result in immediate dismissal from camp without refund. Car keys will be held until Camp is over — NO Exceptions.

- Helmet
- Shoulder Pads
- Sheets or Sleeping Bag
- Pillow and Blanket
- Soap, Towels, and Wash Cloth
- One Well Marked Football (for centers)
- Several Practice Jerseys
- Sweat Clothes, Socks & Gym Shorts (several pairs)
- Football Shoes
- Gym Shoes
- Swim Suit
- Suntan Lotion
- Toilet and Personal Articles
- Fan (optional)

## What to Bring

**Note:** Bring enough clothes for the duration of camp.

**For Whom:** The football camp is designed for boys in grades 7 through 12. High school graduates are not permitted to enroll. All IHSA guidelines and rules for sport camps and clinics will be observed.

## Midwest Linemen Camp Staff

**Norm Eash** — Camp director — Head Football Coach and Offensive Line Coach at Illinois Wesleyan University — 12 years high school experience — 24 years college experience. His IWU teams have won 7 CCIW Championships in the last 23 years — Final 8 in NCAA Division III in 1992, 1996 — Final 16 in NCAA Division III in 2009.

**Paul Alexander** — Instructional Coordinator. Assistant Head Coach & Offensive line coach for the Cincinnati Bengals and one of the top line coaches in the country — Offensive line coach at Central Michigan for 6 years — Asst. offensive line coach at Univ. of Michigan 2 years — Asst. offensive line coach at Penn State Univ. for 3 years. Played offensive tackle at Cortland State — Academic All-American.

**Strength & Conditioning Clinic** — Jared Williamson, Strength Coach — IWU

**Plus:** Many top college and high school line

Illinois Wesleyan	Ferris State
Illinois State	Albion College
Southern Illinois	Western Michigan
Western Illinois	Eastern Michigan
Central Michigan	University of Pittsburgh
Grand Valley State	Millersville University
Wayne State	St. Joseph College

coaches from across the country!

**This is a "SPECIAL" Linemen's Camp — No skilled players allowed!**

**SPECIAL GUESTS: NFL Players from Cincinnati Bengals.**

## \*Enrollment Limited — Apply Early! 2010 Midwest Linemen's Camp Application

**Parents:** We promise to give your son the best possible instruction, supervision, and learning environment during his stay at Illinois Wesleyan. If you have any questions, don't hesitate to call me: **Norm Eash**, Phone: **Office (309) 556-3344, Home (309) 828-1018.**  
e-mail: neash@iwu.edu  
www.iwu.edu/mlc

Office Use Only:  
Date: \_\_\_\_\_  
Deposit: \_\_\_\_\_  
Balance: \_\_\_\_\_

T-Shirt Size: M L XL XXL

I will be coming as an Individual  
 Part of a Team

(Reproduce For More Copies)

Resident  Commuter  Roommate Choice \_\_\_\_\_  
Name \_\_\_\_\_ Zip \_\_\_\_\_  
Address \_\_\_\_\_ State \_\_\_\_\_ Grade In Fall \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ School \_\_\_\_\_  
Football Position \_\_\_\_\_  
Coach's Name \_\_\_\_\_  
Home Phone (\_\_\_\_\_) \_\_\_\_\_ Parent's Business Phone (\_\_\_\_\_) \_\_\_\_\_  
I hereby authorize the director and its employees of Midwest Linemen's Camp to act for me according to their best judgement in any emergency requiring medical attention, and I hereby waive and release the camp from any and all liability for any injuries and illness incurred while at camp. I will be responsible for any medical or other charges in connection with his attendance at camp.

Signature \_\_\_\_\_ Covered by \_\_\_\_\_ Insurance Company \_\_\_\_\_  
Parent or Guardian \_\_\_\_\_ Policy Number \_\_\_\_\_  
Rental Needed:  Helmet  Shoulder Pads

**Make Check Payable To: Midwest Linemen Camp**

**Mail Application With A \$100 Non-Refundable Deposit To: Director, Norm Eash  
Linemen's Camp, Illinois Wesleyan University, PO Box 2900, Bloomington, IL 61702-2900**