

Camp Staff

Director: Norm Eash, Head Football Coach, Illinois Wesleyan University

Co-Director: Paul Alexander, Former Offensive Line Coach, Dallas Cowboys | Cincinnati Bengals

Instructor: Matt Williamson, Defensive Coordinator for Illinois Wesleyan University.
Plus: Many coaches from other universities and high schools:

Illinois Wesleyan University
Western Illinois University
Eastern Michigan University
University of Pittsburgh
Millersville University
Western Michigan University
Illinois State University
Ferris State
Albion College
University of Pittsburgh

Special Guests

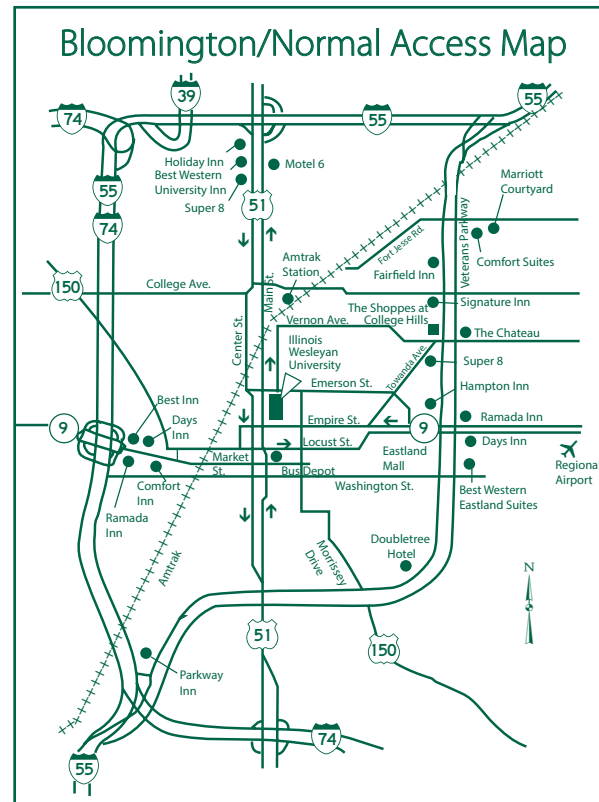
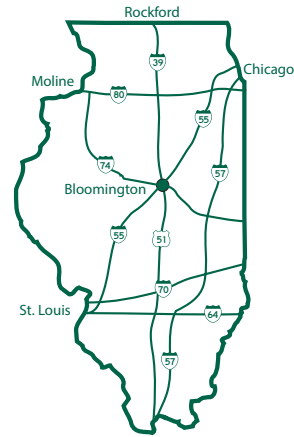
NFL Players that have attended camp:

Rich Braham—West Virginia 3rd Rd Pick
Melvin Tuten—Syracuse started 5 games
Anthony Brown—Utah started 5 games
Ray Forsyth—Central Florida
Ryan Grigson—Purdue
Willie Anderson—Auburn 1st Rd. Pick
Ken Blackman—Illinois 3rd Rd. Pick
Rod Jones—Kansas
Brock Gutierrez—Central Michigan
Mike Goff—Iowa
Roger Roesler—Texas

Check our website!
www.iwu.edu/mlc

Directions:

Car—Interstate 55 (connecting Chicago and St. Louis), I-74 (connecting Davenport, Iowa and Cincinnati, Ohio), I-39/U.S. 51 (a major north/south route in Illinois), and Illinois 9 (an east/west route), all converge in Bloomington.



Midwest Linemen's Camp

Come as an individual or participate as one team unit!

The Team Concept Idea:

It is very important for linemen to learn to play next to their teammates. There will be a definite advantage to having your linemen participate in drills as one unit.

It also allows your linemen the opportunities to develop camaraderie and the experience of learning together the fine points of offensive and defensive line plays.

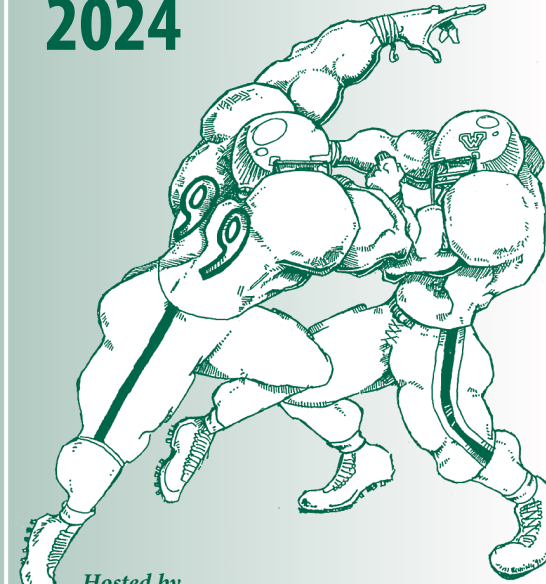
Your unit will definitely work together in all drills in simulated line play versus other offensive or defensive units.

If a school's entire line attends camp, their high school coach will attend the camp free of charge and will participate in all activities.

*Unique—The Ultimate in Line Instruction!
Best in the Midwest!*



June 16–18
2024



Hosted by
Illinois Wesleyan University,
Bloomington, Illinois

Special Clinician:

Paul Alexander, Former Line Coach, Dallas Cowboys | Cincinnati Bengals

- Offensive and Defensive Linemen will operate under the "Team Concept" Grades 7-12
- "Optimum Learning For Techniques and Fundamentals."
- "Shoulder Pads/Helmet"
- Line Coaches Welcome!

34th Annual
Midwest Linemen's Camp

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 16 at Hansen Student Center.** All meals beginning Sunday evening dinner through Tuesday breakfast are included in the registration fee. Commuters are provided all meals **except breakfast.** Dismissal is on Tuesday at 11:30 A.M.

Double sessions will begin on Sunday and will continue through Tuesday. 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 **\$340.00** for resident campers and **\$265.00** 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 **\$35.00 discount** (cost will be **\$305.00** for resident and **\$230.00** for commuter). Full payment or a **\$100.00 deposit** is required with the application. Balance due upon registration — **June 16.** Limited Enrollment.

Midwest Linemen's Camp

Norm Eash — Director
Illinois Wesleyan University
P.O. Box 2900
Bloomington, IL 61702-2900
email: 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 — 38 years college experience. His IWU teams have won 9 CCIW Championships in the last 24 years — Final 8 in NCAA Division III in 1992, 1996 — Final 16 in NCAA Division III in 2009 — first round 2011/2013/2017.

Paul Alexander — Instructional Coordinator. Former Offensive line coach for the Dallas Cowboys and Cincinnati Bengals. 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 — Matt Williamson, Strength Coach — IWU

Plus: Many top college and high school line coaches from across the country!

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

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

SPECIAL GUESTS: NFL Players and college players.

*Enrollment Limited — Apply Early! 2024 Midwest Linemen's Camp Application

Resident Commuter Roommate Choice

Name _____

Address _____

City _____ State _____ Zip _____

Football Position _____ Grade In Fall _____ Ht. _____ Wt. _____

Coach's Name _____ School _____

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 _____

Rental Needed: Helmet Shoulder Pads Policy Number _____

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**

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, Cell (309) 826-3717. email: 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)