**TENTATIVE CAMP SCHEDULE**

9 a.m.  
Camp registration

10 a.m.  
Coaches introduction

10:15 a.m.  
Round robin play begins for 7 on 7 and practice #1 for OL/DL camp

Noon  
Lunch for OL/DL camp

1:15 p.m.  
Practice #2 for OL/DL camp

2:15 p.m.  
7 on 7 single elimination tournament begins

4 p.m.  
OL/DL camp conclusion

**CAMP COST**

**7 ON 7 CAMP**
The cost of the 7 on 7 camp is $250 per team. The cost includes a camp T-shirt for all members of the team and a trophy to the winning team.

**OL/DL CAMP**
The cost of the OL/DL camp is $55 per camper. The cost includes a camp T-shirt for every camper.

**Note:** Any coach who would like to bring their whole team, there is a team discount! $250 for the 7 on 7. If teams want to bring 10 or more participants for the OL/DL camp, there is a discount of $15 per participant.

**FOR MORE INFORMATION:**

Contact: Colyn Haugh
Phone: 814-330-5072
Email: haughcj@westminster.edu

**MAKE CHECKS OUT TO:**
Westminster Football

**MAIL COMPLETED FORMS TO:**
Westminster Football
Coach Colyn Haugh
Titan Football Office
319 S. Market St.
New Wilmington, Pa. 16172

**CONTACT US TODAY!**

WESTMINSTER COLLEGE

Department of Athletics
Westminster Football
Memorial Field House
319 S. Market Street
New Wilmington, PA 16172

**STAY CONNECTED**

CALL: 814-330-5072
VISIT: westminster.edu/athletics
EMAIL: haughcj@westminster.edu

**JOIN THE CONVERSATION**

[Social media icons]

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2018 TITAN FOOTBALL CAMP

OL/DL CAMP & 7 ON 7 PASSING CAMP

Saturday, June 30, 2018

FEATURING INSTRUCTION FROM DAN “BAD RAD” RADAKOVICH

WESTMINSTER COLLEGE
EVERY PARTICIPANT MUST FILL OUT A REGISTRATION FORM!

REGISTRATION FORM

Full Name ___________________________ Age (Summer 2018) _______
High School ___________________________ Grad Year ____________
Street __________________________________ State __________ Zip _______
City ___________________________ State __________ Zip _______
E-mail Address ___________________________ Parent/Guardian Signature ___________________________
Daytime Phone ___________________________ Parent’s Cell Phone ___________________________
T-Shirt Size (Adult size) ___________________________

All participants must have their own health insurance. The camp does not assume responsibility for illness or injuries sustained during camp.

My child has had a physical examination within the last calendar year and is physically fit to participate in all camp activities. In the event of illness or injury requiring emergency medical attention and I cannot be contacted at the phone number listed, I hereby authorize the camp directors to act for me according to their best judgment. I relieve the camp of any responsibility for any illness or injury that may occur.

Parent/Guardian Signature __________________________________________ 

Health Insurance Company __________________________________________
Policy Number __________________________________________
Any medical conditions?______________________________________________

PAYMENT

INDIVIDUAL PAYMENT: OL/DL CAMP ONLY

AMOUNT ENCLOSED___________________________________________
Check #_________________ Date __________________________

TEAM PAYMENT

If you are a high school coach looking to participate in the 7 on 7 and/or bring athletes to the DL portion of the camp, please fill out the bottom section.

☐ Yes, we are interested in participating in the 7 on 7 passing tournament.

☐ Yes, we are interested in participating in the OL/DL camp.

Number of campers participating ___________________________

EVERY PARTICIPANT MUST FILL OUT A REGISTRATION FORM!

FOR OFFENSIVE LINEMEN

ZONE/GAP BLOCKING TECHNIQUES

Athletes will learn the concepts behind pass protection. They will learn drills that will assist them in defending various pass rush moves such as rip & swim, and bull rush. In addition to pass protection techniques, athletes (structure) will learn zone blocking techniques which include covered and uncovered lineman techniques, footwork, and run block progression. They will also learn gap scheme techniques such as down blocks and pulling to kick-out/lead-up.

PASS PROTECTION TECHNIQUES

FOR DEFENSIVE LINEMEN

PASS RUSH

RUN DEFENSE VS. GAP AND ZONE SCHEMES

FUNDAMENTALS, DRILLS & TECHNIQUES

Athletes will learn the concepts behind pass protection. They will learn drills that will assist them in defending various pass rush moves such as rip & swim, and bull rush. In addition to pass protection techniques, athletes (structure) will learn zone blocking techniques which include covered and uncovered lineman techniques, footwork, and run block progression. They will also learn gap scheme techniques such as down blocks and pulling to kick-out/lead-up.

FOR DEFENSIVE LINEMEN

PASS RUSH

RUN DEFENSE VS. GAP AND ZONE SCHEMES

FUNDAMENTALS, DRILLS & TECHNIQUES

ATHLETES WILL LEARN THE CONCEPTS BEHIND PASS PROTECTION. THEY WILL LEARN DRILLS THAT WILL ASSIST THEM IN DEFENDING VARIOUS PASS RUSH MOVES SUCH AS RIP & SWIM, AND BULL RUSH. IN ADDITION TO PASS PROTECTION TECHNIQUES, ATHLETES (STRUCTURE) WILL LEARN ZONE BLOCKING TECHNIQUES WHICH INCLUDE COVERED AND UNCOVERED LINEMAN TECHNIQUES, FOOTWORK, AND RUN BLOCK PROGRESSION. THEY WILL ALSO LEARN GAP SCHEME TECHNIQUES SUCH AS DOWN BLOCKS AND PULLING TO KICK-OUT/LEAD-UP.

FOR DEFENSIVE LINEMEN

PASS RUSH

RUN DEFENSE VS. GAP AND ZONE SCHEMES

FUNDAMENTALS, DRILLS & TECHNIQUES

ATHLETES WILL LEARN THE VARIOUS TECHNIQUES INVOLVED WITH RUSHING THE PASSER, INCLUDING SET-UP TECHNIQUES, UNDERSTANDING THE DIFFERENCE BETWEEN 3- AND 5-STEP (ADD HYPHEN AFTER 3) PASSES, AND “PATH OF LEAST RESISTANCE.” MOVES DISCUSSED WILL INCLUDE CHOP & SPIN, RIP & SPIN, CLUB, SWIM, BULL RUSH PULL, HAND SWATS, WRIST GRAB, LONG ARM AND COUNTER MOVES. IN ADDITION TO RUSHING THE PASSER, ATHLETES WILL BE COACHED ON HOW TO DEFEND AGAINST THE GAP AND ZONE BLOCKING SCHEMES. BLOCKS WILL INCLUDE, BUT ARE NOT LIMITED TO, DOUBLE TEAMS, FOLD BLOCKS, TRAP BLOCKS, FB KICK OUTS, AND INSIDE/OUTSIDE ZONE BLOCKS.

CAMP DIRECTOR

SCOTT BENZEL

HEAD FOOTBALL COACH

Since taking over the program in 2014, Scott Benzel has compiled a 28-14 record for a .667 winning percentage, the fourth-best percentage among Titan coaches with at least three years as the head coach in Westminster history. College Football Hall of Famers Joe Fusco (.814) and Harold E. Burry (.794) and Titan Sports Hall of Famer B. Eugene Nicholson (.714) are the only ones in front of Benzel. In 2016, Benzel led the Titans to their second-straight ECAC James Lynah Bowl Championship.

TITANS OL/DL CAMP

CAMP OBJECTIVE

This camp is designed to develop high school lineman for the highest levels of competition. We will “load the toolbox” with tricks of the trade for both offensive and defensive lineman to give you a leg upon the competition! By working with former NFL coach and current Westminster College consultant Dan Radakovich – as well as Westminster’s experienced, dedicated staff – you’ll bring your game to the next level!

7 ON 7 PASSING CAMP

A maximum of 20 teams will compete. Each team may have no more than 20 participants. All teams that participate will play no less than 4 games. The winning team will receive a championship trophy. Helmets are required for competition. All players who compete must submit a medical form prior to participation. Each must provide their own meals. Drinks and snacks will be available for purchase. Games will be played on both grass and turf. Athletes will have access to all our facilities.

DAN RADAKOVICH

Dan “Bad Rad” Radakovich finished his fourth season as a football consultant at Westminster in 2017. Bad Rad comes from a very extensive coaching background. Known as the father of Penn State’s Linebacker U and the originator of the Pittsburgh Steelers legendary “Steel Curtain,” Bad Rad spent time with eight NFL teams, including the Pittsburgh Steelers, LA Rams, and NY Jets, as well as Penn State University and The University of Cincinnati. At Pittsburgh, Radakovich won a pair of Super Bowl championships.