

Camp Highlights

- Learn & Develop Fundamentals of Offensive and Defensive Line Play
- Camp Competitions
- Former Pro Linemen as Guest coaches
- Excellent preparation prior to High School football season
- Teaching sessions for strength and conditioning programs

Camp Schedule

Monday, August 20

9:00—10:00 AM	Registration
10:30—12:10 PM	Practice #1
12:10—12:30 PM	Team Time
2:15—2:45 PM	Strength & Agility Seminar
3:00—4:40 PM	Practice #2
4:40—5:00 PM	Team Time

Tuesday, August 21

9:30—11:10 AM	Practice #3
11:10 11:30 AM	Team Time
1:15—1:45 PM	Strength & Agility Seminar
2:00—3:40 PM	Practice #4
3:40—4:00 PM	Team Time
4:00 PM	Camp Awards



Down "n" Dirty Linemen Camp

August 18 & 19 2008

Regina Thunder

Practice Facility

Winnipeg St. & Ring Road



"Develop Your Game at
Camp Down 'N' Dirty



Camp Information

MISSION

To provide intensive instruction of Offensive and Defensive line fundamentals.

CAMP STAFF

Erwin Klempner	Head Coach
Sheldon Neald	OLine Coach
Kelvin Ostapowich	OLine Coach
Craig Hammond	DLine Coach
Morgan Bunce	DLine Coach

Guest Coaches: Former CFL Players and CIS and Junior Players now coaching at various High Schools. To be named at a later date.

WHO SHOULD ATTEND

Players entering grades 9—12.

CAMP FEES AND REGISTRATION

\$ 60.00 Camp T-Shirt included

Make Cheques Payable to:

Regina Thunder Football Club

Mail Cheque and Registration to:

Regina Thunder
P.O. Box 35033
#306-5875 Rochdale Blvd.
Regina, SK S4X 4C6

Camp Questions

What should I bring to Camp?

Helmet	Shoulder Pads
Mouth Guard	Grass Football Shoes
Practice Jersey	

When should I report to Camp?

Monday, August 18 9:00—10:00 AM

Where is the camp located?

Thunder Practice Facility
Scotty Livingstone Field
Winnipeg St. & Ring Road

For More Information Contact:

Erwin Klempner—545-8991
Email—klempner@sasktel.net



Individual Registration (PLEASE PRINT)

Name: _____ Grade: _____ Position: _____

Address: _____ City: _____ Postal Code: _____

Parent's Name (s): _____ Phone # (Home): _____ (Work): _____

Family Doctor: _____ Hospitalization Number: _____

Address: _____ City: _____ E-Mail: _____

I, _____, AND I, _____ (PLAYER)

_____ (PARENT)

_____ (PARENTS SIGNATURE)

_____ (PLAYER SIGNATURE)

THE PARENT/GUARDIAN OF THE PLAYER WHO IS UNDER 18 YEARS OF AGE CONSENT TO THE PLAYER PARTICIPATING IN THE REGINA THUNDER DOWN AND DIRTY LINEMEN CAMP, WHICH IS PART OF THE FOOTBALL PROGRAM OF THE REGINA THUNDER FOOTBALL CLUB. WE BOTH KNOW THAT FOOTBALL IS A CONTACT SPORT, AND IT IS POSSIBLE THAT THE PLAYER COULD BE INJURED WHILE PARTICIPATING IN THE REGINA THUNDERS DOWN AND DIRTY LINEMEN CAMP OR THE THUNDERS FOOTBALL PROGRAM.

BY SIGNING THIS RELEASE FORM, EACH OF US AGREES THAT NEITHER THE THUNDER NOR ANY OF ITS DIRECTORS, COACHES, TRAINING AND EQUIPMENT STAFF, DOCTORS OR PLAYERS SHALL BE RESPONSIBLE TO EITHER OF US FOR ANY INJURY WHICH THE PLAYER MAY SUSTAIN WHILE PARTICIPATING IN THE THUNDERS LINEMEN CAMP OR FOOTBALL PROGRAM AND WE WILL NOT SUE OR COMMENCE A LEGAL ACTION AGAINST, NOT MAKE ANY DEMAND OR CLAIM AGAINST, ANY OF THEM FOR ANY INJURY THE PLAYER MIGHT SO SUSTAIN. WE HAVE EACH CAREFULLY READ THIS RELEASE FORM AND EACH OF US UNDERSTANDS WHAT IT SAYS AND MEANS.

DO NOT SIGN THIS RELEASE FORM UNLESS YOU HAVE READ IT AND UNDERSTAND WHAT IT SAYS AND MEANS TO YOU.

DATED AT _____, SASKATCHEWAN, THE _____ DAY OF _____, 2008