



Unlevel the playing field.

The "BIG CAT" OLine/DLine Summer Camp

Instructor: Jim Esposito
DeMatha High School Line Coach

This 8 hour Program will include high intensity teaching and drills that are designed to lead a player into his football season. This program also includes Athletic Republic dynamic Line specific movement workout. This program is only for players that serious about becoming great lineman!



4 Day Summer Camp
Clinic Dates: June 27th – June 30th
Youth Clinic: 1:30pm - 3:00pm
High School Clinic: 2:30pm - 4:00pm

Limited to 15 lineman per session. Spots will fill FAST!
Cost: \$160

Monday & Tuesday – Offensive Line Skill Training
Wednesday & Thursday – Defensive Line Skill Training

First Hour – offensive/defensive line techniques, strategy, footwork, blocking/tackling
Last 30 Minutes – Athletic Republic speed, agility and power training



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