

**Medical Form****'11**

Note: Your insurance will be the primary source for coverage if your child is injured. The camp insurance policy is a secondary one covering expenses that your insurance does not.

Insurance Company: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Date of Last Tetanus Booster Shot: \_\_\_\_\_

Any known Injuries, Illnesses, or Allergies: \_\_\_\_\_

**Parent/Guardian Statement**

I hereby give my above mentioned child permission to attend the Dog Pound Line Camp. I verify, to the best of my knowledge, that my child is physically able to participate in the activities of the camp.

In addition, I hereby state that William Banagan is not responsible for any pre-existing illness or injury of my child prior to the first day of camp.

I give my written permission to allow my child to be treated, if necessary, by a physician and/or trainer while attending.

Applying for acceptance, I waive and release all right and claims for any and all damages against Camp Owner William Banagan and its representatives. I hereby release and exonerate the camp and its employees from any injuries incurred at the camp or to/from the camp.

\_\_\_\_\_  
*Signature of Parent/Guardian      Date*

**To Contact Us:****Phone**

Bill Banagan at (518) 442-3011

Don Mion at (518) 785-5511

Ext 3574

**E-mail Address**

wbanagan@uamail.albany.edu

dmion@ncolonie.org

**Internet Address**

www.ualbanysports.com

**Fax**

(518) 591-8629

Attn : Bill Banagan

**Mail Info to:**

Dog Pound Football Camp

PE 312

1400 Washington Ave

Albany, NY 12222



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# DOG POUND LINE CAMP



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**When:**

July 11—14th 2011

**Where:**

University at Albany Athletic  
Fields

**Who:**

Offensive Linemen, Defensive  
Linemen & Tight Ends (7th  
Grade & Up)

**Time:**

6:30 PM—9:00 PM

**Equipment:**

Helmets, Shoulder Pads, Cleats,  
Sneakers & Mouthpieces

## Goals of the Camp

To get the student-athlete the necessary fundamentals in the area of offensive and defensive line play. Defensive linemen will learn stance, get off, hand placement and leverage, lock out and escapes, defeating run blocks and pass rush techniques. Offensive linemen will learn stance, technical aspect of the drive and reach block, how to pull, zone and combination schemes and pass protection skills.



## Directors



**Don Mion** is an assistant coach at the University at Albany working with the Defense. Don has worked with all levels of the Defense with over 10 years on the Defensive Line. Don has also been a head high school and assistant coach for a better part of 19 years.

**Bill Banagan** is the current Defensive Line coach at the University at Albany. Bill is entering his sixth season at that position, he also has four years experience coaching the Tackles and Tight Ends at UAlbany. Bill also brings an additional 10 years of local High School experience.



## Sample Itinerary for Offensive Day

(Times & Drills are subject to change)

### First Day is at 6:00pm for registration

6:30pm Warm Up and Stretch

6:45 Individual Instruction—Run Blocking  
 \* Drive Block \* Reach Block  
 \* Double Teams \* Zone Blocks  
 \* Blocking vs. Linebackers

7:30 Water Break / Guest Speaker

7:35 Circuits

7:45 Individual Instruction—Pass Blocking  
 \* Footwork \* Drills  
 \* Hands and Placement

8:45 Pass Pro vs. Pass Rush

9:00 Dismissal

## Sample Itinerary for Defensive Day

(Times & Drills are subject to change)

6:30pm Warm Up and Stretch

6:45 Defensive Line Related Footwork and Agility

7:15 Individual Instruction—Run Defeat  
 \* Drive Block \* Reach Block  
 \* Double Teams \* Zone Blocks  
 \* Trapping and Pulling

7:45 Water Break / Guest Speaker

8:00 Individual Instruction—Pass Rush  
 Techniques and Drills

8:45 Pass Rush vs. Pass Pro

9:00 Dismissal

*Certified Athletic Trainers will be at all practice sessions.  
 Water will be provided.*

## Fee

**\$115.00** per camper Pre-registered (\$40 non-refundable deposit)

**\$125.00** on 1st Day

**\$95.00** per camper w/ 5 of more from the Same

Please Complete Both Sides & Return with a Deposit.

## Dog Pound Football Camp

**PE 312**

**1400 Washington Ave**

**Albany, NY 12222**

**11**

Age

Name

Address

Zip

State

City

Email Address

T Shirt Size

School Attending

Parent or Guardian Name

Cell Phone

Home Phone

Grade Entering in September

7th

8th

9th

10th

11th

12th

## Payment Enclosed

**\$115.00** per camper Pre-registered

**\$125.00** on 1st Day

**\$95.00** per camper w/ 5 from the same school

**Make checks payable to: Don Mion**