To Contact Us:
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(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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DOB POUND
LINE CAMP

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

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Medical Form

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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
**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.

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**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

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**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.*

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**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 School

*Make checks payable to: Don Mion*