

## Partial list of coaches who have worked the Down and Dirty Camp

Steve Adams, Norfolk State  
Dallas Baker, Buffalo University  
Shap Boyd, Erskin College  
Tom Carter, North Marion  
Bernard Clark, Robert Morris  
Hasan Craig, Webber International  
D.J. Croley, Webber International  
Aaron Cromer, Buffalo Bills  
Vincent Davis, Webber International  
Mark DeBastiani, Florida  
Mike Dietz, Eastern Illinois  
Mike Dietzel - Central Michigan  
Caleb Dukes, Williston  
Drew Engels, Erskin College  
John Flath, Georgia H.S.  
Danny Hope, South Florida  
Mark Ivy, Louisville  
Garlin Justice, SMU

Paul Lounsberry, Winter Spring HS  
John Montgomery, Tuskegee  
Frank O.G., Cocoa H.S. (Ret.)  
Tayron Odum, Southern  
Olimny Olmstead, Wabash  
Ed Orgeron, LSU  
Mike Piasecki, Warner  
Eric Potochney, Webber International  
Tony Pecoraro, McNeese State  
Dan Quinn, Dallas Cowboys  
Andy Siegal, North Bay Haven  
Mike Simmons, Texas-El Paso/LSU  
Kirk Talley, Warner  
Travis Tricket, USF  
Chris Vergotis, formerly of FAU  
Kevin Wilson, Tulsa  
Rick Wimmer, Webber International  
Cory Yourk, Milsap College



**DIRECTIONS TO WEBBER INTERNATIONAL UNIVERSITY**  
From Tampa (75 miles) (I-4 to SR-570 to FL-35/US-98 to FL-60 to FL-17)  
From Orlando (62 miles) (I-4 to US-27 to FL-17)  
Access from the south by US-27; from the East and Southeast by SR-60.  
1201 N. Scenic Highway, Babson Park, FL 33827. 800.741.1844

**REFUND POLICY**  
**FULL REFUND** (minus \$40 handling fee)  
if cancellation made before **June 9**  
**1/2 REFUND** before **June 16**  
No refunds will be made  
for any reason once camp starts.



Kelly Scott and Rod Shafer  
**Down and Dirty**  
**Linemen Camp**  
P.O. Box 4008  
Lake Wales, FL 33859



# SUMMER 2023



# DOWN and DIRTY

## LINEMEN CAMP

**SESSION I - JUNE 20 - 22**

**SESSION II - JUNE 23 - 25**

**WEBBER INTERNATIONAL  
UNIVERSITY, BABSON PARK, FLA.**

**NATION'S LARGEST LINEMAN  
CAMP NOW IN ITS 33RD YEAR  
IN FLORIDA**

\$250 per camper  
\$240 for 2-5 from the same school  
\$230 for 6 or more from same school

[abcsportscamps.com/downanddirty](http://abcsportscamps.com/downanddirty)

NAME \_\_\_\_\_ WEIGHT \_\_\_\_\_ GRADE (FALL 2023) \_\_\_\_\_  
 HEIGHT \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

SESSION (CHECK ONE)  
 SESSION I (June 20-22) ☐ SESSION II (June 23-25) ☐

POSITION (CHECK EACH ONE THAT APPLIES)  
 OFFENSE: CENTER ☐ GUARD ☐ TACKLE ☐  
 DEFENSE: NOSE ☐ END ☐ TACKLE ☐

HEAD COACH'S NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_  
 ROOMMATE PREFERENCE \_\_\_\_\_ E-MAIL \_\_\_\_\_

**FIRST FOLD TO HERE**

My son has my permission to attend The Down and Dirty (D&D) Linemen Football Camp. Enclosed is the \$100 reservation fee for the session he will be attending. This will apply to the tuition, the balance of which will be paid one month before the opening date. I have no knowledge of any physical impairment that would affect or be affected by my son's participation in the D&D Camp program. In the event of any emergency in which my son requires medical care, I authorize the staff of the D&D Camp to act for me to obtain for him whatever medical treatment the staff, in its best judgement, deems necessary and appropriate. I specifically consent to such treatment including, but not limited to, hospitalization and surgery and will be responsible for any medical or other charges in connection with attendance at the camp. I acknowledge that at the D&D Camp my son will participate in a sport that may involve, among other things, physical contact of the body with other persons or objects, including the ground, that at the D&D Camp he may incur a risk of injury. I specifically Waive and give up and release the D&D Camp, its owners and staff from liability for any claim for damages which my son may have for injuries, or illness that he may sustain at the D&D Camp. I authorize the D&D Camp to use any photographs or articles about my son for publicity purposes. I also further agree to reimburse D&D Camp for any room damage caused by my son while attending the D&D Camp sessions.

MY SON IS COVERED BY (Insurance Company) \_\_\_\_\_  
 POLICY NUMBER \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
 SIGNATURE OF PARENT OR GUARDIAN \_\_\_\_\_  
 PRINTED NAME OF PARENT OR GUARDIAN \_\_\_\_\_

FOR OFFICE USE ONLY Visa, Mastercard, American Express online at [abcsportscamps.com/downanddirty](http://abcsportscamps.com/downanddirty)

CHECK NUMBER \_\_\_\_\_ AMOUNT \_\_\_\_\_ DATE \_\_\_\_\_

## CAMP OWNERS and DIRECTORS



**Rod Shafer**  
(Ret.) Head Coach  
Warner  
University  
Lake Wales, FL

**Kelly Scott**  
(Ret.) Head Coach  
Webber  
International  
Babson Park, FL



**Traditionally . . .  
Championship  
teams start here**

### Camp Goal

The goal of this camp is to help Offensive and Defensive Linemen develop technique as well as their physical and psychological character. This is an important and special process for a demanding position that ultimately will determine the success or failure of a football team.

### Camp Objectives

#### Offense

Stance/Starts  
Drive Cut-Off  
Reach  
Scoop/Smash  
Trapping Gap  
Double Team  
Pass Blocking  
Pulling/Trapping

#### Defense

Stance/Starts  
Neutralization  
Separation  
Pursuit Angle  
Gap Control  
Key Education  
Pass Push  
Tackling

### Typical Day

Wake up.....6:30 a.m.  
Breakfast.....7 a.m.  
Workout on the field.....8:30 to 10:15 a.m.  
Lunch.....11:30 a.m.  
Workout on the field.....2 to 3:45 p.m.  
Dinner.....5 p.m.  
Workout on the field .....7 to 8:45 p.m.  
Meeting.....10 to 10:45 p.m.  
In rooms .....11 p.m.  
Lights out.....11:30 p.m.

### Equipment Required

Helmet and Shoulder Pads  
Mouthpiece  
Football shoes/cleats  
Workout clothes  
Socks and shorts  
Soap and towels  
Pillow, Sheets, Blankets, Clock  
Team Jersey (final day)

**NO EQUIPMENT RENTAL**

### BEFORE YOU ARRIVE

All athletes should drink 64 ounces of water per day, 5 (five) days before coming to camp. This is a working camp. Campers should start conditioning weeks before coming to camp. We coach fundamentals and techniques. Most of the time will be spent on drills designed to help each player achieve the camp goals.

Whenever possible, players will be grouped together by size, grade and skill level.

Mail application and deposit to:

**Coach Rod Shafer**

P.O. Box 4008  
Lake Wales, FL 33859  
(863) 678.1488  
Shaf12@yahoo.com  
or

Steve Speakman 304-593-2308

