

# Appalachian State University's Offensive and Defensive Lineman Camp

Three time National Champion Appalachian State is pleased to announce the 2009 Offensive and Defensive Lineman Camp. The objective of this camp is to focus on techniques relative to the individual position. This will include instruction on stance, explosion, lift, blocking surface, along with several different blocking techniques.

- This camp is designed to work on skill development and football fundamentals for both offensive and defensive lineman.
- Open to football players in rising 5th through rising 12th grades.
- All campers are covered by a Limited accident/illness insurance.
- Housing is in university residence halls.
- Meals are included and are in the university cafeteria.

**When: June 20-21, 2009**  
**Check-in time: Sat. @ 8:00am**  
**Location: Owens Field House**

Register on-line at:

[www.camps.appstate.edu/sports/football\\_lineman.php](http://www.camps.appstate.edu/sports/football_lineman.php)

For further information contact:

Office of Conferences & Institutes  
ASU Box 32042  
Boone, NC 28608-2042  
Phone: (828) 262-2944

Or contact the program director,  
Coach Shawn Elliott, at (828) 262-2504.

