

CAMP PHILOSOPHY

CAMP SCHEDULE

CAMP FEATURES

A combine is a great way to showcase your playing abilities for coaches and recruiters. In order to catch a coach or recruiter’s eyes, you must be at the top of your abilities and perform each drill better than your competition. Yet, many athletes show up to their combine test—*their big audition*—unprepared and untrained for the drills.

Our Combine Prep Camp will make you an *EXPERT* at actual combine tests. Our camp is based off of the exact techniques we utilize to train our elite athletes—those players who have successfully mastered the test and achieved their ultimate goal—college ball and the NFL.

Friday, June 12

(entering grades 7-12)

or

Saturday, June 13

(entering grades 7-12)

*Oak Mountain High School
Football Field*

COMPLIMENTARY ONE-ON-ONE POST-CAMP APPOINTMENTS WITH OUR STRENGTH AND SPEED COACHES THAT WILL TARGET FOCUS AREAS FOR IMPROVEMENT BEFORE THE SEASON BEGINS!

Our Combine Camp hones your combine skills into a test taking machine. How many steps in the Pro-Agility Drill? What is the proper stride length in the 40 Yard Dash? How does one shift their weight on the Broad Jump?

You will be able to practice the answers to these questions plus receive all of our combine tips and tricks before you are tested at an actual combine. You will apply everything you learn and receive a VIDEO of your tests and drills for your own use after camp.

Schedule-

- 7:30-8:00** **Drop-Off**
- 8-8:30** **Dynamic Warm-up**
- 8:30-11:00** **Technique Training/
Combine Drills/
Videotaping**
- 11:00-1:00** **Combine Testing/
Videotaping/
Elite Sports Nutrition**

Questions? Call 970.2348 or go to www.iconperformanceonline.com

Speed Development

You will undergo a running mechanics analysis utilizing the Dartfish Video Analysis software (the same software used in the Olympic Games). This will enable us to analyze your 10, 20, and 40 yard dash technique. Small movement flaws can hinder your performance. You will receive specific instructions on: starts, stance, first step quickness, acceleration, max velocity, speed endurance, and instantaneous change of direction.

Explosive Power

You will learn specialized plyometric and neuromuscular techniques to increase your first step explosion, arm mechanics, powerful hip extension, lower leg stability.

Increased Functional Strength

You will learn the advanced techniques in the power lifts and Olympic Lifts that can increase your Bench Press Rep max as well as give you an athletic edge over your opponent.

Nutrition

It doesn’t stop there! Our program also includes a nutrition regimen to pack on as much muscle mass as possible while decreasing body fat that can slow your 40 and your reactivity.

****Please bring tennis shoes, cleats, and a permissions form signed by the child’s parent or guardian****

The undersigned parent or guardian understands that the applicant will be engaging in physical activity during the camp that contains the inherent risk of physical injury, and the undersigned assumes the risk and releases ICON Performance, its officers, directors, agents, and Oak Mountain High School and staff from any and all liability for personal injury arising out of the applicant’s participation in the camp.

I hereby grant permission for my child to attend ICON Performance and Oak Mountain’s Combine Camp and to be treated by a licensed physician or member of the athletic training staff for any injury, accident, illness, or other mishap. The applicant is physically fit according to our family physician and I further agree to pay through my insurance company or otherwise for any medical treatment that may be necessary.

Parent/Guardian Signature

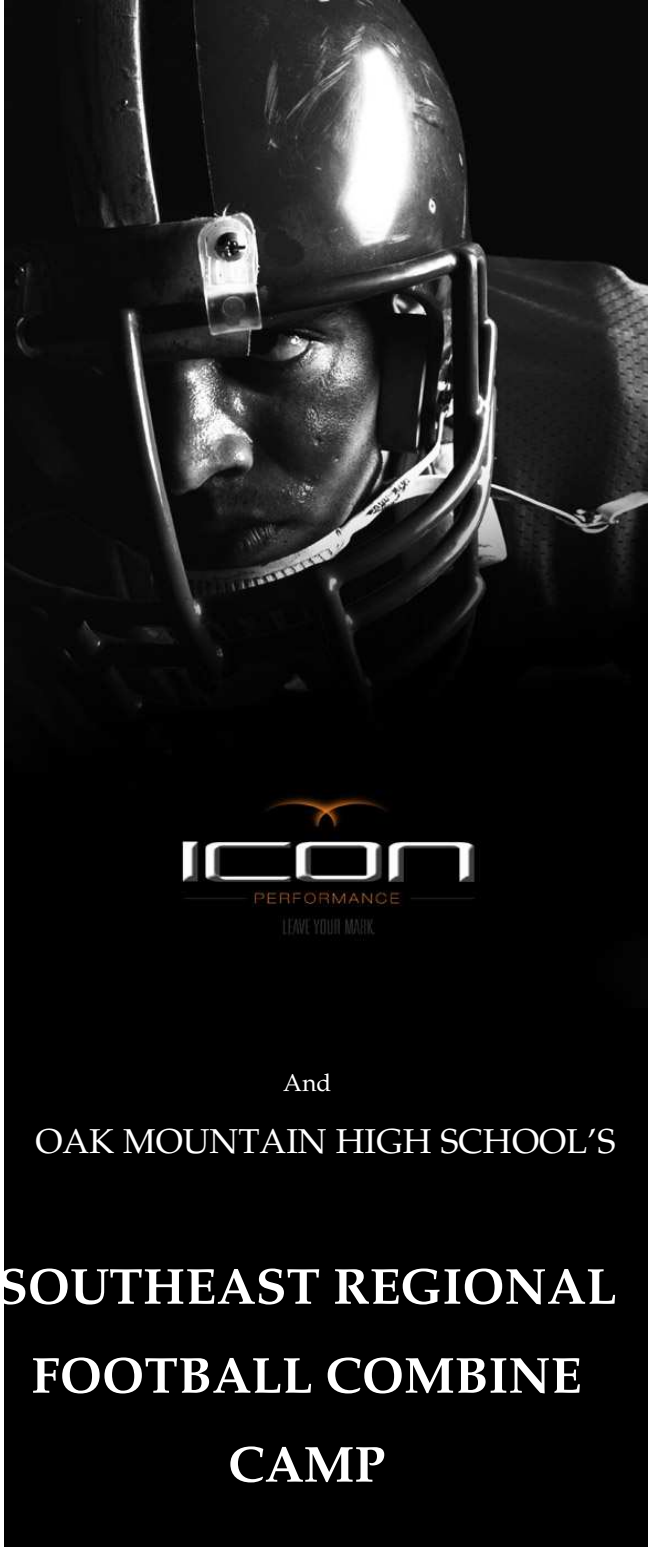
Date _____

Insurance Company

Policy Number

A \$25.00 deposit for camp must accompany this form. The deposit is non refundable and will be credited towards tuition. The balance and signed release form are required before participation in the camp.

T-Shirt Size: Adult _____ **S** _____ **M** _____ **L** _____ **XL**



And
OAK MOUNTAIN HIGH SCHOOL'S
**SOUTHEAST REGIONAL
FOOTBALL COMBINE
CAMP**



3156 Sunview Drive
Birmingham, AL 35243

SAFETY

Our Combine Camp realizes the potential safety hazards of intense training and the sport itself. You will also complete a Functional Movement Screen-a test which identifies muscle imbalances, biomechanical flaws, joint instabilities, and faulty movement patterns. When you leave camp, you will be armed with a training action plan that will make you faster and stronger. This season you will...

LEAVE YOUR MARK.

Some of our Recent Success Stories:

Cortland Finnegan	CB	Tennessee Titans
Corey White	FB/RB	Baltimore Ravens
Evan Mathis	OL	Cleveland Browns
Adam Fuller	OL	Univ. AL.
David Ross	OL	Univ. AL..
Wes Holland	LB	Univ. N. AL.
Brett Basik	LB	Furman
Chris Brice	LB	Western KY.
Jared Bryant	QB	Naval Academy

Registration Form for Combine Camp

____ Junior Varsity (June 12) \$57 ____ Varsity (June 13) \$57

Name _____ Age _____ Grade Finished _____

Address _____ City _____ State _____ Zip _____

Parent or Guardian _____ Email _____

Phone(H) _____ (W) _____ (C) _____

Emergency Contact _____