

Early Registration Deadline: March 19

Response to the camp has been high. To ensure that you have a spot please **complete the registration form (on reverse) and mail it with your cheque to the address below before the deadline:** Make cheques payable to Jason Riley.

Jason Riley: 905 389 6029
120 Golfwood Dr. Hamilton ON
L9C 6W3
E-mail: jason75z@hotmail.com

Early Registration Date for players and coaches: March 19, 2010. Cost: \$60.00
After March 19, Cost: \$75.00 No refunds.

Check-in from **7:30-8:45 am at the Ron Joyce Stadium, McMaster University** (see map opposite). Please register in advance. We're on the field at 9am sharp.

The cost of camp includes a **camp t-shirt, hot lunch, and a full day of instruction** with experienced offensive line coaches. There will also be **expert speakers on nutrition, power training, and other special guest speakers throughout the day.** The focus will be on run-blocking in the morning session and pass-blocking in the afternoon session. **This is a non-contact camp—no equipment is required.** Players please wear the camp t-shirt supplied, shorts, and appropriate turf shoes or runners.

Paid coaches enjoy all the benefits the players receive throughout the day. They are asked to wear the t-shirt provided and are welcome to join us on the field to observe drills close up and interact with the camp instructors throughout the day. No cameras please.

Sponsors:

McMaster Marauder Football

Marauder head coach Stefan Ptaszek and his football program are strong supporters of local football. McMaster invests in all levels of football in the Hamilton area, from their youth summer camps to their affiliation with the Hamilton Tiger Cats. The new David Braley Athletic Centre and Ron Joyce Stadium complex gives McMaster the most state-of-the-art athletic and recreation facilities in the country.

Charlie West Restaurant

Simon Ruzzier is a strong supporter of McMaster Football, especially the offensive line. Our camp lunch is prepared by his chef at **Charlie West Restaurant**, 1686 Main St. W. He also owns the **West End Pub**, 151 Emerson St. just down from the Mac Hospital.

T. Litzen Sports

Litzen's continues to be a strong partner with the Marauder Football Program and a steady supplier of quality uniforms and equipment.

McMaster University



1280 Main St. West Hamilton, Ontario

THIRD ANNUAL **UP FRONT** OFFENSIVE LINE DEVELOPMENT CAMP



2010



Outstanding
On field skill instruction,
power training session, and
nutrition seminar



2009 Up Front Camp
Ronald V. Joyce Stadium

Special Guest

Ryan Donnelly: 9 year veteran of the CFL with Hamilton and Winnipeg. Currently starting right guard for the Blue Bombers. Ryan played five years on offensive line at McMaster with great versatility as he started at centre, guard, and tackle. Two time CIS All-Canadian.

Date: Saturday, April 10, 2010

Time: 9:00am—6:00pm

Open to athletes age 13 and Up

Proceeds go to the Marauder
Adopt-an-Athlete Fund

Camp Coordinator

Jason Riley -Vanier Cup, UBC, 1982; Grey Cup, Hamilton Tiger Cats, 1986; CFL All-Star, 1989; Currently 15th year Marauder Offensive Line Coach.

Guest Coaches

Brian Brock— Many high school championships; Vanier Cup High School Coach of the Year; 6 years Marauders assistant offensive line coach.

Mike Derks— 7 years CFL: Grey Cup, Hamilton, 1986, Edmonton Eskimos.

Ryan Donnelly— 9 years CFL: Currently Winnipeg Blue Bomber; 6 years Hamilton Tiger Cats; Marauder graduate.

Fabio Filice— 5 years CFL: Grey Cup, Calgary, 2008; Marauder graduate.

Rob Fuciarelli— Coaches STM High School, Steel City Ironmen, Under 18 Team Ontario.

Carm Genovese—17 years McMaster Marauder coach; member of Marauder 1970's All Star Team of the Decade.

Larry Guarascia—over 30 years coaching experience at all levels; currently Marauder special teams coordinator and RB coach.

Darrell Harle— 6 years CFL: Hamilton, Toronto.

Brian Hutchings— 6 years CFL: Hamilton, Toronto. Offensive Line Coach at Ridley College, 2000-present.

Mike Jovanovich— 5 years CFL, Hamilton; Boston College 3 yr letterman; Seattle Seahawks free agent.

Jason Kana—University of Guelph offensive coordinator, 2006-07; 5 year Head coach, Burlington Braves; Marauder assistant coach.

Lee Knight—11 year Hamilton Tiger Cat.

Mike Macdonald—Long time head coach, BurlingtonStampeders; offensive line coach, Notre Dame High School, Burlington.

John Malinosky— 2 time Grey Cup winner: Toronto Argonauts 1983, Hamilton Tiger Cats

1986; currently offensive line coach, Guelph University.

Matt O'Meara— 5 years CFL: Saskatchewan Roughriders & Winnipeg Blue Bombers; Marauder graduate.

Frank Rocca—4 yrs CFL: Winnipeg, Hamilton, Toronto; Grey Cup, Hamilton, 1999.

John Salavantis—40 years coaching experience at all levels; Grey Cup Hamilton Tiger Cats, 1986

Dale Sanderson—13 year Hamilton Tiger-Cat; Grey Cup, 1986.

Ralph Scholz—7 years Hamilton Tiger Cats. Grey Cup, 1986.

Chris Schultz—Dallas Cowboys, Toronto Argonauts; currently TSN football analyst.

Ed Szpytma—3 years CFL: Montreal, Hamilton; many years coaching at all levels.

Mike Zivolak—Drafted by Hamilton Tiger Cats, 1983, out of Western as 3 year OUA All-star.

Other experienced coaches and current Marauder offensive lineman will assist.

Power Training and Healthy Muscle Mass

Mark Verbeek

Bachelor of Science in Physical Education from St. Francis Xavier University, Honours Specialist in Physical Education and Health from Queen's University, Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association. Teaching physical education for 10 years. Currently strength and conditioning coach and defensive line coach at McMaster University. Played 5 years in the CFL, 4 with the Hamilton Tiger Cats, 1 with the Edmonton Eskimos.

Proper Nutrition and Training Supplements

Nicole Springle

Registered Dietitian and Sports Nutritionist with a Bachelor of Honours Degree and Masters in Applied Nutrition. Currently, clinical dietitian for the Cleveland Clinic Canada and an official provider of nutrition services for the Canadian Sport Centre Ontario (CSCO). Nutrition consultant to the CFL's Hamilton Tiger-Cats and McMaster Marauders.

Up Front Offensive Line Development Camp 2010 Registration Form

Participant's Name _____

Player's Age: _____

Current Team & City _____

Player Coach

I, the undersigned, hereby acknowledge that certain risks of injury are inherent to participation in this camp. I hereby understand that certain activities require a minimum level of fitness and health (physical, mental and emotional) and that each person has a different capacity for participating in these activities. I hereby agree that Up Front Offensive Line Development Camp and McMaster University, its faculty, staff and agents of this camp shall not be liable for any injury, loss or damage to person or property, incurred during this program, including deterioration of health or illness or aggravation of condition resulting from participation in these activities, property damage or lost property. If at any time emergency medical treatment is necessary for my child, I give my consent for treatment to be given. Every effort will be made to contact parent/guardian(s) and or emergency contacts. I hereby authorize Up Front Camp to take photographs/video of my child during camp activities, and to display and otherwise use these photographs/video without charge solely for the purpose of promotional material in connection with Up Front Offensive Line Development Camp. I declare having read and understood the above informed consent agreement in its entirety and hereby give my consent for the registrant to participate knowing all of the foregoing.

Signature of Parent/Guardian: _____

Date _____

Player Last Name:

First Name:

Email address:

Home Phone Number:

Emergency Contact Name:

Emergency Contact Number:

Dietary Restrictions:

Shirt Size (circle one): L, XL, XXL, XXXL