



The Saskatchewan Roughrider Alumni Pro-Line Football Academy

Our focus will be on Offensive and Defensive lines. We will teach the fundamentals of these positions at a higher level and will put these athletes in a pro-type of learning structure. This will include enhancing their football IQ through film and class work. Our goal while teaching fundamentals at a high level is to also create a competitive environment to master those new skills, being taught in a competitive environment this is a full contact academy.

The Academy will focus on the following

DL

Agility
Stunts
Fronts
Pass Rush Moves
Run Stop/Gap Control
Film/Personal Opponent Breakdown
Backfield Set Recognition

OL

Agility
Defending Stunts
Zone Blocking Concepts
Man Blocking concepts
Pass/Run Blocking
Film/Personal Opponent Breakdown
Front Recognition

CFL/Rider Alumni Coaches are excited to give back to the community and the game of football itself. You will have the opportunity to work with former players such as Luc Mullinder, Mike Stadnyk, Chunky Adams, John Hashem, plus other former and current Roughrider player's coaches. This is a 7 week program designed to help players reach their full potential in a pro style atmosphere.

The Details of this camp are as follows:

Practice Dates & Times 4:30pm-5:30pm: February 18, 25, March 3, 10,17,24,31

Film Date & Times 10am-11am: February 20, 27 March 5,12,19,26

Location For Practice : Queen City United Soccer Facility 1560 Macdonald Street

Location For Film : Regina Thunder Clubhouse Mount Pleasant Sport Park

Cost: \$150.00

Equipment: Full Gear Helmet, Shoulder Pads, Knee & Thigh pads plus mouth guard Footwear Rubber Mold if available if not 7stud or Gym Shoes will be fine, anyone without equipment and need to borrow equipment please contact **Ventson Donelson 306-529-5908** for assistance.

Equipment Pick Up: Feb. 10th 7-8pm

Age Requirements: Grades 9-11- Grade 12 (based on space availability)

Limited Space Available 20 D-Lineman Max 20 O-Lineman Max

To Register Call 306-525-2181 Rider Ticket Office

E-Mail Registration & Disclaimer to: JenniferS@saskriders.com



The Rider Alumni Saskatchewan Pro –Line Football Academy

Participant’s Full Name: _____ Age: _____
Parent’s Full Name: _____ Gender _____

Height: _____ Weight: _____ Grade: _____ School: _____
Position: _____ Hospitalization# _____

Jersey Size: ____ Adult Small ____ Adult Medium ____ Adult Large ____ Adult XL
(Choose one)

Equipment Rental Needed: Y/N
(Choose one)

Address _____ Postal Code _____

Cell/Emergency contact number: _____

Email Address: _____

Please indicate any special/medical condition or allergies that you’d like to be aware of.

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Film Location: Regina Thunder Clubhouse Mount Pleasant Park



Disclaimer

I and we/I as parent,
Agree to Release, Save Harmless, and Indemnify Rider Alumni and its officer's Employees, Representatives, Sponsors, Coaches, and Agents from all claims, actions, cost, expenses, and demands in respect to death, injury, loss or damage to my son/daughter or our property whosoever and howsoever caused arising out of or in conjunction with my child's participation. I further acknowledge that I am aware of the risks inherent in participations in the training of football and assume the risks inherent in participation's in the training of football and assume the risks and waive notice of all conditions, dangers and agree that this shall bind my heir executor's administrators and assigns.

I the Parent(s)/Guardians(s)

Name Please Print _____

(Signature) _____

Date: _____