

Featuring College Coaches from

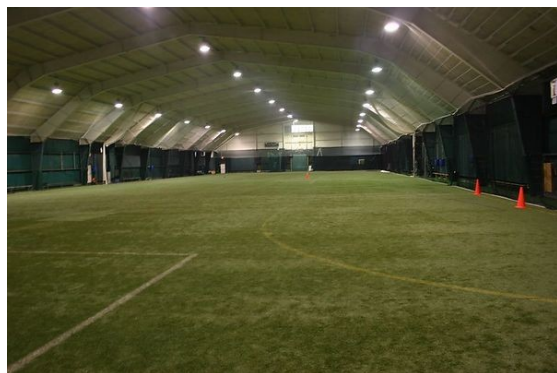
William Paterson University,
East Stroudsburg University, Bloomsburg
University, Moravian College and many more!

Reasons to Attend the "Big Man" Camp

-Learn the most up-to-date OL/DL techniques from the college coaches.

-Gain exposure to college coaches for recruitment and possible scholarship opportunities.

-Compete against other Linemen in the "Big Man" competition at the end of the camp on Saturday.



Indoor Sports Pavilion has two full football fields in a climate controlled environment.

Any questions about the camp contact:

Chadd Braine braine24@gmail.com
Co-Director 973-570-3531

Jeff Walder jwalder@indoorsportspavilion.com
Co-Director 973-895-4007

Place
Stamp
Here

First and Goal Sports
16 West Hanover Avenue
Randolph, New Jersey 07869
973-895-4007



Presents their Annual "Big Man Camp"

Targeting Offensive and Defensive
Linemen entering Grades 7-12.



FEATURING A GUEST
APPEARANCE BY FORMER NEW
YORK GIANTS OFFENSIVE
LINEMAN #72 ROMAN OBEN

July 27—July 28th 2012

STAFFING THE CAMP WILL BE OFFENSIVE AND
DEFENSIVE LINE COACHES FROM COLLEGES
ALONG THE EAST COAST.

The Indoor Sports Pavilion
16 West Hanover Avenue
Randolph, New Jersey 07869
973-895-4007

Be ready for Training Camp!

Camp Details

Roman Oben will headline the “Big Man Camp” featuring some of the best College Offensive and Defensive line coaches in the country. Film study, individual instruction with a 12-1 camper to Coach ratio will guarantee the best instruction possible. Individual competitions will be featured at the end of the camp with awards being handed out. The Indoor Sports Pavilion features two full sized football fields in a safe and climate controlled environment.

About Roman Oben

After being drafted in the 3rd round of the 1996 draft by the NY Giants, Oben started over 90% of his games during his 12 year career. Oben’s resume includes stops with the New York Giants, Cleveland Browns, Tampa Bay Buccaneers and the San Diego Chargers. He was the starting left tackle on Tampa’s 2002 Super Bowl Team. Currently, he is WFAN pre-game host for the New York Football Giants and very active in the community. Oben is also the main color analyst for the Madison Square Garden Varsity Network. He earned his master’s degree in public administration from Fairleigh Dickinson University in 2001.

Camp Schedule

Friday July 27th

4:00-5:00 Afternoon Registration
5:00-8:00 Fundamental Practice
Practice will be split so the players learn offensive and defensive line for 1 1/2 hour each.
8:00-9:00 Film Study and Guest Speaker
9:00 Dismissal

Saturday July 28th

9:00-11:15 Practice
11:15-12:00 Lunch and Relaxation
12:00-1:00 Film Study and Guest Speaker
1:00-3:15 Practice
3:15-4:30 “Big Man Competitions”
4:30 Awards

Each Player will alternate between offense and defense for each practice. The athletes are able to specialize in one area or another if they desire.

The players will be grouped by age, skill level and/or size. Both groups will receive the exact same training by all coaches on staff. The tentative breakdown will be grades 6-8 and grades 9-11. Certified trainers will be on staff.

Football cleats are the only equipment needed for camp.

Be Ready For training Camp!



Each camper will be provided lunch on Saturday and a snack on Friday night after practice. The camper will also be provided a practice jersey. The camp will be limited to the first 200 who sign up with their deposit. The early bird discount is \$25. The early bird deadline is May 15th. A signed waiver will be required prior to participation in the camp. For a copy of the waiver click on the following link: <http://www.indoorsportspavilion.com/Pages/forms.htm>

Name _____

Address _____

City State, Zip _____

Phone Number _____

Email Address _____

Jersey Size _____

Position _____

High School _____

Grades entering Fall 2012 _____

We accept Discover, Visa and Master Card

Credit Card:# _____

Exp Date: _____

Print Name that appears on card: _____

Price includes lunch and jersey \$225

Early Bird Discount \$200

\$100 Deposit Required to secure a spot.

Make Checks Payable to First and Goal Sports
16 West Hanover Avenue
Randolph, New Jersey 07869