

James Burk

Coach Burk has coached offensive lineman for 12 years .

During this time he has been blessed to coach high school

offensive lineman that have gone on to play at all levels; NFL,

Division I, Division I-AA, Division II, Division III. In addition to

his coaching experience he also played on the offensive line at

Abilene Christian University and Hardin Simmons University.

Other outstanding offensive line coaches and former players

will be helping instruct.

Player Need to Bring:

Cleats & Tennis shoes

*Lunch and water will be provided

CAMP REGISTRATION

ATHLETES NAME:

PHONE NUMBER:

ATHLETES EMAIL:

PARENTS EMAIL:

ADDRESS:

T-SHIRT SIZE (CIRCLE):

S M L XL XXL

COST: \$100

(INCLUDES T-SHIRT AND LUNCH)

CHECKS MADE OUT TO COACHJBURK

CAN ALSO PAY ONLINE

MAIL TO:

COACH BURK

9304 NORTHPOINT DR

DALLAS, TX 75238

WAIVER FORMS ARE ON WEBSITE—MUST HAVE
FILLED OUT AND SIGNED PRIOR TO PARTICIPATION

COACH BURK

2010 Offensive Lineman Camp

DTLOS

“Dominate the Line of Scrimmage”

Location:

John Paul II High School

900 Coit Rd, Plano TX 75075

Date: June 11th, 2010

Time: 8:30-3:30

Cost: \$100

Ages: For OL entering grades 4-12

(will be grouped by grades)



(972)467-0445

coachjburk@sbcglobal.net

www.coachjburk.com

CAMP SCHEDULE

FRIDAY, JUNE 11TH, 2010

8:00-8:30—Registration

8:30—8:45—Dynamic Flexibility

8:45—9:15—Run Session 1

9:15—9:45—Run Session 2

9:45—10:15—Run Session 3

10:15—10:45—Run Session 4

10:45—11:15—Championship Character

11:15-12:00 Lunch (lunch provided)

12:00-1:00 Dynamic Flexibility and Lineman Specific
Preparation

1:00—1:30—Pass Session 1

1:30—2:00—Pass Session 2

2:00—2:30—Pass Session 3

2:30—3:30—Competition

SUBJECT TO CHANGE

Savings

****EARLY BIRD DISCOUNT—**

SIGN UP BEFORE MAY 28TH AND SAVE \$15**

****SAVE AN ADDITIONAL \$10 BY BRINGING**

2 CAN GOODS TO THE CAMP**

AREAS THAT WILL BE COVERED

RUN GAME:

COUNTER BLOCKING

POWER BLOCKING

ZONE BLOCKING

STRETCH BLOCKING

PASSING GAME:

PUNCH DEVELOPMENT

FOOTWORK IN PASS PRO

SCREEN BLOCKING TECHNIQUES

SHOTGUN SNAPS, DEEP SNAPS

PHYSICAL PREPARATION:

SLED DRILLS

RESISTANCE BAND WORK

MEDICINE BALL WORK

LADDER FOR FEET AND HANDS WORK

COMPETITION:

TIRE FLIP

STRENGTH RELAY

TUG BATTLE

1 ON 1 PASS PRO

Tesimonials

**Also Available Strength and Conditioning
work to help Dominate the Line of Scrimmage**

"Coach Burk is one of the best strength and conditioning coaches I have been trained by in my high school and college football careers. His instruction helped prepare me to become a division 1 football player and he is one of the primary reasons I received full athletic scholarship to Purdue University for football. If you are serious about taking your game to the next level, Coach Burk can get you there."

Ryan Prater, Purdue Offensive Tackle

Coach Burk changed my entire career. His advanced training techniques allowed me to enter college football years ahead of my competitors. Training with Coach Burk in high school made it possible for me to focus on strength gains and muscle conditioning while other players had to spend their first year of college learning the advanced lifts and techniques. I fully endorse Coach Burk's training program and recommend them to every high school football player looking to take their careers to the college level.

Trey Simeone, 3 Time All Conference Tight End at Abilene Christian University