



Alex Heilbrunn/CS Sports Information

McCook Senior High
600 West 7th
McCook, NE 69001
Coach Gross Cell: (308) 340-0755
jgross@mccookbison.org



Alex Heilbrunn/CS Sports Information

Featured Clinicians:

Jay Long

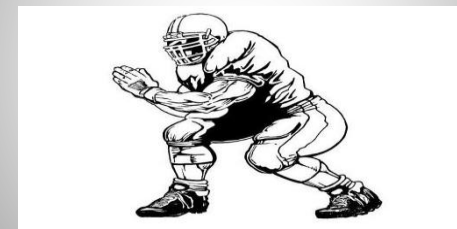
Head Coach/OL Coach
Chadron State College

Craig Jersild

Defensive Backs Coach
Chadron State College



Southwest Nebraska Skills Camp



“OL/DB”

May 29st/May 30th
2018

Coach Jay Long &
Coach Craig Jersild

@ McCook

Camp Director: Jeff Gross
jgross@mccookbison.org

Camp Objectives



To help campers develop offensive line and defensive back skills.

Offense

Stance & Start	Run Footwork
Striking Skills	Pull Techniques
Zone Concepts	Combo Blocking
	Pass Protection Footwork

Defense

Stance & Start	Run Support
DB Footwork	Route Recognition
Man to Man Tech.	Zone Tech.
LB Cover Skills	Ball Hawk Skills
LB RUN Fits	LB Separation

Competition

The Southwest Nebraska Skills Camp offers the campers an opportunity to compete in both offensive and defensive competitive drills. Campers will be matched up by skill level and age level in competitive drills.

Dates:

Tuesday, May 29th & Wednesday, May 30th

Time:

Registration/Check-in: 8:15-8:45 AM
Tuesday Session #1 9:00 AM – 10:30 AM
Tuesday Session #2 11:30 AM – 1:00 PM
Wed. Session #3 9:00 AM – 10:30 AM
Wed. Session #4 11:30 AM – 1:00 PM

Location:

McCook Senior High
600 West 7th

Cost:

\$60 (includes T-shirt)

Ages:

(2018-19 School Year)
Players going into 9th – 12th Grades

What To Bring:

****This will be a full contact camp****

Helmet, Shoulder Pads, Practice Jersey, Practice Pants, Knee, Thigh, Hip, & Butt Pads, Cleats, & Mouth Piece

*Each camper should bring gym shoes in case we are forced inside due to weather.

*Locker rooms and showers will be available

*Lodging and meals are the responsibility of each camper

Name: _____

Grade: _____ School: _____

Address: _____

Cell Ph #: _____

Work Ph #: _____

I hereby request you accept application for enrollment of

(Print name) _____

in the Southwest Nebraska Skills Camp during the dates set forth on this application, and in consideration of your acceptance of the application, I hereby release Coach Jeff Gross, and the McCook Public Schools and their employees from claims for any injuries which may be sustained by our son while attending the camp. I also certify that our son is medically fit to participate in the Southwest Nebraska Skills Camp.

Parent Signature _____

Please return this registration form and \$60 check payable to:

Southwest Nebraska Skills Camp
c/o Jeff Gross
600 West 7th
McCook, NE 69001