



**CAMP REGISTRATION**

**JAMES BURK**

**Offensive Coordinator ,  
Offensive Line Coach for  
John Paul II**

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

ATHLETES NAME:

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PHONE NUMBER:

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ATHLETES EMAIL:

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PARENTS EMAIL:

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ADDRESS:

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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

**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**

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## FRIDAY, JUNE 11TH, 2010

### CAMP SCHEDULE

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

## **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**