



# Grossmont College



We are San Diego's Best!



Home of the 2005 National Champions



## 2009 GROSSMONT COLLEGE FOOTBALL HIGH SCHOOL OFFENSIVE LINE TECHNIQUES CAMP

- **DATE:** SATURDAY, May 2, 2009
- **CHECK IN 8:30 A.M.; START TIME 9:00 A.M. – 2:00 P.M.**
- **COST:** \$20.00; **PAYMENT DUE BY APRIL 27, 2009**
- **ELIGIBILITY:** THIS CAMP IS OPEN TO YOUNG MEN WHO WILL BE SOPHOMORES, JUNIORS, and SENIORS IN HIGH SCHOOL AS OF FALL 2009.
- **BRING CLEATS and SHORTS**

### TO REGISTER:

- **PLEASE COMPLETE THE ATTACHED REGISTRATION FORM AND LIABILITY RELEASE AND MEDICAL CONSENT FORMS. RETURN TO THE GROSSMONT FOOTBALL OFFICE VIA MAIL.**

**GROSSMONT COLLEGE FOOTBALL**  
**8800 GROSSMONT COLLEGE DRIVE**  
**EL CAJON, CA 92020**

Football Office (619) 644-755 or Coach Ken Wilmesherr (619) 370-0765  
 Grossmont College athletic website is [www.grossmont.edu/athletics](http://www.grossmont.edu/athletics). If you need more forms, they can be downloaded from the site. There you will find more information on the site. If you have any questions, please contact me at (619) 370-0765

Camp Director  
 Ken Wilmesherr



GROSSMONT  
 COLLEGE  
 FOOTBALL

Governing Board Members: Richard Alexander, Greg Barr, Bill Garrett, Mary Kay Rosinski, Deanna Weeks • Student Members: Dan Lewis, Charles Taylor III • Chancellor: Cindy L. Miles, Ph.D. • Grossmont College President: Sunita V. Cooke, Ph.D.

**LATEST SUCCESS STORIES from  
2006-2007**



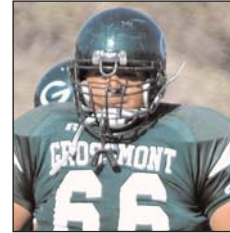
Charles Millenbah, SO  
to University of Louisville  
6'3" 285



Landis Provancha, FR  
to Marshall University  
6'4" 275



Kevis Watkins, FR  
6'2" 280  
to So. Carolina



Daniel Rios, SO  
to Texas A&M Commerce  
6'0" 275

**Ken Wilmesherr  
Offensive Line Coach  
Grossmont College**



Coach Ken Wilmesherr  
O-Line Coach

Grossmont College's coach Ken Wilmesherr has a great reputation of developing offensive linemen. He has 28 years of coaching experience at the high school and collegiate level.

In Wilmesherr's two years at Grossmont College he has developed one JC All-American, had two Academic All-Americans, and three all conference linemen. In the last two years, seven of his linemen have received scholarships to four-year universities.

Wilmesherr wrote a book, which is in the process of being published on offensive line play titled, "Living in the Trenches: Offensive Line Techniques and Fundamentals." He has had numerous articles on offensive line play published in Gridiron Strategies, American Football Monthly, on The Coaches Learning Network, and on Hawgtuff.net. He had a DVD released in May of 2007 through Championship Production with Gridiron Strategies titled, "The Top Coaches in the Nation Series: Inside/Outside Zone Blocking Techniques." In the August 2008 issue of Scholastic Coach & Athletic Director an article Wilmesherr wrote on teaching the fold block will be published. He has been invited to speak at numerous clinics on offensive line play; the most recent clinic was the 2008 Saugus Clinic in Saugus, CA.

Wilmesherr graduated with Honors from Southwestern College where he obtained an Associate in Arts Degree in General Studies. He received a Bachelor's of Arts Degree in Social Science from Chapman University in Orange, CA. At Chapman he received the Gray Key Award and Honors of Distinction in his area of study.

Coach Wilmesherr's philosophy is, "The strength and success of every team is based on the strength of the offensive line. Therefore, teach the fundamentals because fundamentals wins games."

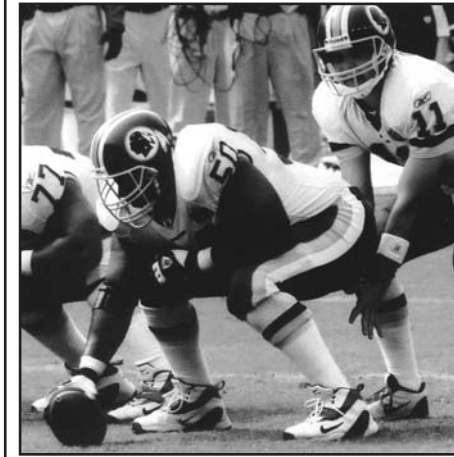
**Grossmont College  
O-Linemen  
Hall of Famers**

- |                 |                 |
|-----------------|-----------------|
| Matt Bickle     | Baylor          |
| Jake Bingham    | Arizona         |
| Jeff Brown      | Rice University |
| Don Buck        | Missouri        |
| Sam Downs       | Idaho State     |
| Justin Ernest   | Lafayette (LA)  |
| Mark Fontana    | Arizona         |
| Matt Gaughen    | Sac State       |
| John Hatley     | Utah State      |
| Dan Hathaway    | San Diego State |
| Mike Jefferson  | Arkansas        |
| Pat Kapuniai    | Pinebluff (Ark) |
| Larry Moore     | BYU             |
| Steve Moyer     | USC             |
| Jim O'Donnel    | Oregon          |
| Ken Parris      | San Diego State |
| Jesus Renteria  | Texas-El Paso   |
| Jim Richmond    | Purdue          |
| Bob Seiner      | San Diego State |
| Doak Slay       | Rice University |
| Dan Sturh       | Utah            |
| Steve Sutton    | U.O.P.          |
| Damien Tilley   | E. Michigan     |
| Jim Tomes       | Brown           |
| Toosavila Ulutu | Kansas State    |
| Ken Webster     | Fresno State    |
| Derek Wisner    | Colorado        |

**Grossmont College - Where Dreams Come True**



**OFFENSIVE LINE**



Ten years ago, **Larry Moore** (#50 left) was playing "O" tackle for Grossmont College. He had graduated from high school without receiving his dream, a DI scholarship. He, at 6'2", 260, started for the Griffs for two years becoming an All-State player and Academic All-American.

After his second year, he turned down offers to Arkansas, Mississippi, and others, and decided on BYU. He was All-WAC as a center while at BYU and later signed a contract with Indianapolis where he started at center for 4 years. Then as a free agent, with quite a raise, became the starting center for the Washington Redskins for three years. Once again, as a free agent he just signed a contract—this time with Cincinnati who were quite generous with a large signing bonus and a 1.5-million-dollar contract with playing incentives.

Larry visited us in in 2004 as he was preparing to be honored in Visalia and inducted into the California's Community College Football Hall of Fame.



In 1993, "**Tiny**" **Ulutu** (#73 left) came to Grossmont after graduating from Helix High School. He started both years here and was a part of a team in 1994 led by QB Tom Karlo that began an unprecedented number of wins by Grossmont teams that continues today. An All-State player he was offered a scholarship to Kansas State University where he started both years, graduating in 1998.

**COACH WILMESHERR'S LATEST PROTEGE'**



**JUAN BOLANOS**

**6'7 - 320**

After just one year, Juan Bolanos has improved greatly and is one of the top JC recruits in the U.S.

He's already had DI offers which will take effect after next year's season as a Grossmont player.

Juan will be assisting in camp.



**C.J. Millenbah**, #68, OT from La Jolla, and **Kevis Watkins** (#77), Creekside (GA) HS, gets some coaching from O-line coach Ken Wilmesherr.