



*Grossmont College
Offensive Line Coach
Ken Wilmesherr*

Camp Director

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 four years at Grossmont College he has developed one JC All-American, had two Academic All-Americans, and six all-conference linemen.

Experience the Tradition!



Home of the 2005 National Champions

GROSSMONT COLLEGE
Football
8800 Grossmont College Drive
El Cajon, CA 92020-1799

GCCCD GOVERNING BOARD MEMBERS:
Rick Alexander
Greg Barr
Bill Garrett
Mary Kay Rosinski
Deanna Weeks

Student Members:
Christopher Enders
Charles Taylor III

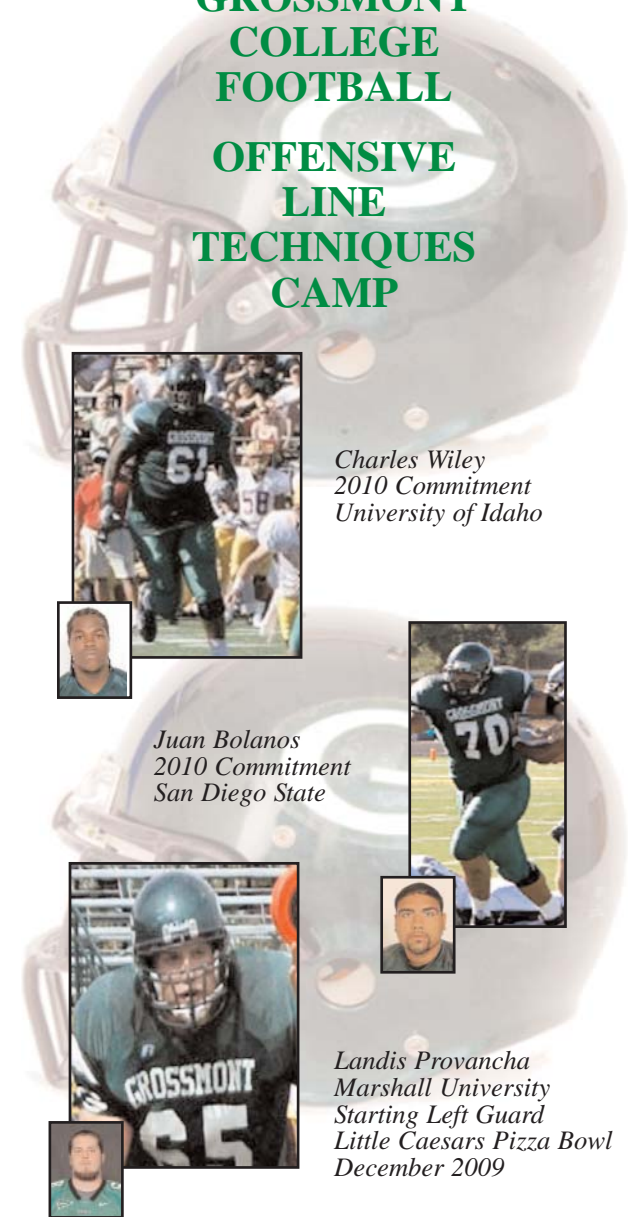
GCCCD CHANCELLOR:
Cindy L. Miles, Ph.D.

GC PRESIDENT:
Sumita V. Cooke, Ph.D.



**GROSSMONT
COLLEGE
FOOTBALL**

**OFFENSIVE
LINE
TECHNIQUES
CAMP**



*Charles Wiley
2010 Commitment
University of Idaho*



*Juan Bolanos
2010 Commitment
San Diego State*



*Landis Provancha
Marshall University
Starting Left Guard
Little Caesars Pizza Bowl
December 2009*



*For Student-Athletes in Grades 9-12
April 24, 2010
9:00 a.m. to 1:00 p.m.
Experience the Tradition!*

Grossmont College



Grossmont College Offensive Line Techniques Camp

Student-Athletes entering grades 9-12

The focus of the Grossmont College Offensive Line Techniques Camp is to provide young offensive linemen the opportunity to further develop their fundamentals, skills, and techniques for offensive line play.

Individual coaching, as well as group work, will assist in helping players to develop not only the techniques to play, but also the development of each player's confidence.

The drills and fundamentals will be position specific used by the Grossmont College coaching staff in both the run and pass game.

High school coaches are more than welcome to attend the techniques camp.

Camp Activities will include

- Conditioning Drills
- Running game fundamentals, and techniques.
- Passing game fundamentals and techniques.

Camp Schedule/Location

- Date: Saturday April 24, 2010
- Check in 8:00 am
- Time: 9:00 am – 1:00 pm
- Grossmont College football field

General Information

Insurance

Each camper must be covered by a parent's or guardian's medical insurance. Campers may not participate in any activities without this information on file with the Grossmont College coaching staff. The liability release and the medical consent forms must be completely filled out and signed before the camper will be accepted to the camp. There will be same day registration and the liability release and medical forms will be available upon registration.

Required Equipment

- Shorts/Sweats
- Football shoes

Fees

- Pre-Registration \$25.00
- Payment due by April, 17, 2010
- Late or same day registration \$35.00

Eligible to Participate

- Sophomores, Juniors, and Seniors who will attend high school in the fall of 2010

Registration and Information

To register fill out the registration form provided in the brochure. If more registration, liability release, and medical consent forms are needed please go to www.grossmont.edu/athletics and you can download them from there. Mail the registration, liability release, medical consent, and payment to Grossmont College Football at: Grossmont College Football 8800 Grossmont College Drive El Cajon, CA 92020

If you have question or concerns please contact Coach Wilmesherr at 619-370-0765 or email at kwilmesh@cox.net

Spring 2010 Grossmont College Offensive Line Techniques Camp Registration Form

Name _____

Home Address _____

City _____ State _____ Zip _____

Home Phone(____) _____ Parent's Work Phone (____) _____

Email _____

High School _____

Age ____ Date of Birth _____ Entering Grade _____

Offensive Line Position (Circle One) T G C TE

Height _____ Weight _____

Shirt Size (Circle One) L XL XXL

Please complete the registration form, the liability release and medical consent forms and return to the Grossmont College Football office via mail. Make check payable to Grossmont College Football.

Grossmont College Football
8800 Grossmont College Drive
El Cajon CA, 92020

FOOTBALL OFFICE (619)-644-7551
KEN WILMESHERR (619)-370-0765

Grossmont College athletic website is www.grossmont.edu/athletics. If you need more registration forms, consent and liability 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