



# LEHIGH FOOTBALL

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Dear OL-DL Campers and Coaches,

We are excited that you have signed up to participate in our 5th Annual Lehigh OL-DL Technique Camp and hope that you are getting ready for what will be an intense one-day drill session. Our coaches are very excited about this camp offering at Lehigh and to work with dedicated "Big Men" from around the area. I have attached to this e-mail a copy of the University Health Form and Waiver. If you have trouble accessing the document, you can go to [www.lehighsports.com](http://www.lehighsports.com) and click on "Youth Camps/Clinic" to download the form and waiver online. For coaches bringing teams, I have also attached a roster form which we would like you to fill out with the names of the lineman you will be bringing to camp. Remember, you are capped at 15 linemen.

Individual campers should bring their completed health forms and waivers to check-in, if you have not sent them in already. If you are a high school coach bringing a group of lineman, please make copies of the Health Form and Waiver and have each of your participating athletes fill one out, prior to your arrival at Lehigh. Collect the completed forms and hand them in at check-in on the morning of July 18th. **\*All athletes MUST complete both the Health Form and Waiver to be eligible to participate\***. If you are also bringing your skill players to the Shoot-Out, please keep health forms separate, as the two registrations are in different locations.

**The OL-DL Technique Camp will be held in the turf stadium at Lehigh University. Unlike in the past, it is a "field-turf" field so cleats will work. Each camper must have a helmet and shoulder pads.** Those campers who do not have full gear, may participate in technique sessions on a limited basis only and **may not** participate in any contact drills.

For directions to Lehigh University's Goodman Campus, please go to [www.lehighsports.com](http://www.lehighsports.com) and click on the "Venues/Directions" link for accurate driving directions to our campus. If you are not already familiar with the area, please familiarize yourself with your travel route to ensure an "on-time" arrival. Coaches and Lehigh University camp staff will be available to check you or your team in at 8:30 just inside the entrance to the Ulrich Sports Complex. If you are a coach registering a team, then only you or a member of your staff (with Health Forms, Roster and payment if necessary) needs to be present at check-in.

### Camp Itinerary (Tentative)

|         |                                                          |
|---------|----------------------------------------------------------|
| 8:30am  | Registration                                             |
| 9:30    | Group Organization                                       |
| 10:00   | Offensive Line Session 1                                 |
| 11:00   | Defensive Line Session 1                                 |
| 12:00pm | Lunch (bring your own)                                   |
| 12:40   | Speaker 1 – Lehigh Defensive Line Coach – Donnie Roberts |
| 1:30    | Defensive Line Session 2                                 |
| 2:30    | Offensive Line Session 2                                 |
| 3:30    | One-on-Ones                                              |
| 4:15    | Close of Camp                                            |

Gatorades, waters and frozen Snickers bars will be available for purchase at our Camp Store.

If you have any questions, please do not hesitate to call me at (610) 758-4510. I look forward to seeing you on July 18th.

Sincerely,

R.J. Ryan  
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Summer Camps Director  
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