Camp Director
Ken Wilmesherr

In Wilmesherr’s 8 years at Grossmont College he has developed two JC All-American, had two Academic All-Americans, and 13 All Conference linemen. In the last eight years, 28 of his linemen have received scholarships to four-year universities: 12 D-I, 2 FCS, 10 D-II, and 4 NAIA. 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, Coach and Athletic Director, The Coaches Learning Network, and Hawgtaff.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.” Coaches Choice, DVD Released November 2010, “Offensive Line Run Blocking Fundamentals and Drills.” Coaches Choice, DVD Released November 2010, “Offensive Line Pass Blocking Principles and Technique.” Wilmesherr has been invited to speak at numerous clinics on offensive line play throughout the years.

For the Grossmont College Football Camp information visit www.grossmont.edu/athletics
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.

Camp Activities will Include
- Conditioning Drills
- Running game fundamentals, and techniques.
- Passing game fundamentals and techniques.

Camp Schedule/Location
- Date: Saturday April 25, 2015
- Check in 8:00 am
- Time: 9:00 am – 1:00 pm
- Grossmont College Football Field

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
- Individual Rate: $25.00
- Group Rate: 5 Linemen $100.00
- 6 or More: $ 20.00 Per lineman

Same Day Registration

Eligible to Participate
- Freshmen, Sophomores, Juniors, and Seniors who will attend high school in the fall of 2015

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

General Information

Spring 2015 Grossmont College Offensive Line Techniques Camp
Registration Form

| Name______________________________ | |
| Home______________________________ | |
| Address___________________________ | |
| City________________ State______ Zip________ | |
| Home Phone (___) __________ Work (___) __________ | |
| 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

2015 OL Camp Brochure