



# NOTRE DAME FOOTBALL 2020 LINEMAN'S CHALLENGE

## Registration

Saturday, June 15: 8:00 am – 10:00 am

## Camp Times

Saturday, June 15: 10:30 am – 3:30 am

## Location

Irish Athletics Center and Labar Practice Fields

## Eligibility

All athletes entering grades 9-12 in fall of 2020

## Camp fee

\$75

## Camp summary

This camp is focused on enhancing individual skills and techniques by working closely with the Notre Dame staff. Positions at this camp include offensive lineman, defensive linemen, and any tight ends wanting to workout as a lineman. Each lineman will rotate through a series of fundamentals and skills stations. They will get the opportunity to test themselves with one-on-one competition. The camp will conclude with an exciting OL/DL strength and skills challenge. Last year over 300 linemen joined us for the challenge. The linemans challenge requires all players to have a helmet. We do not rent helmets.

## Medical supervision

All campers are under the immediate supervision of the Notre Dame Athletic Training Staff. The University Head Athletic Trainer and a team of doctors and trainers will be available at all times to offer medical aid if necessary. Water stations will be set up during all practice sessions.

## Location

The site for Notre Dame Football Summer Camps is the beautiful and historic campus of the University Of Notre Dame, located just outside of South Bend, Indiana. Campers will have the opportunity to see the majority of campus during their time at camp. The lineman's challenge camp will be held on the bookstore fields located just west of the university bookstore.

## What to bring

Helmet, Mouth piece, Cleats/athletic shoes, Lunch

Water is provided at this camp but it is also a good idea to bring coolers with your own water/gatorade as well. There will be concessions on site with food for purchase for lunch.

## ITINERARY

All times eastern

### Friday, June 12

5:00 Pm- 7:00 pm	Early Registration – Ricci Fields (Fields Will Be Available For Practice)
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### Saturday, June 13

8:00 am – 10:00 am	Lineman's Challenge Registration – Irish Athletics Complex
10:30 am – 12:30 pm	Lineman's Drills and Challenge Part I – Labar Practice Fields, Irish Athletics Center
12:30 pm – 2:00 pm	Lineman's Challenge Break ( <i>bring your own lunch/concessions will be available at Ricci Fields</i> )
2:00 Pm – 3:30 pm	Lineman's Drills and Challenge Part II – Labar Practice Fields, Irish Athletics Center

