

Application

Please print clearly
 Name (Last, First) _____
 Address _____

 City/State/Zip _____
 In June 2011: Your Age _____ Grade _____
 Home Phone () _____
 School _____
 Coach's Full name _____
 Any restrictions on participation? _____

Make checks payable to: REAL DEAL CAMP (ask about our pay as you go)

Mail to:
8914 Taylor Lane.
Shreveport, LA 71129

My son/daughter has permission to attend The Real Deal Camp. Enclosed is a \$200.00 non-refundable fee.



Camp Instructor: Keyunta Dawson is considered one of the fastest linemen in the NFL. Dawson leads his teammates out in the 2010 superbowl in Miami.

I have no knowledge of any physical impairment that would affect or be affected by my son/daughter's participation in THE REAL DEAL CAMP program. In the event of any emergency in which my son/daughter requires medical care I authorize the staff of THE REAL DEAL CAMP program to act for me and obtain for him whatever medical treatment the staff in its best judgment deems necessary and appropriate. I specifically consent to such treatment including, but not limited to, hospitalization and surgery and will be responsible for any medical or other charges in connection with his attendance at camp, not covered by camp insurances.

I acknowledge that at THE REAL DEAL CAMP my son/daughter will participate in a sport that may involve among other things, physical contact of the body with other persons or objects, including the ground; that at THE REAL DEAL CAMP he may incur a risk of injury. I specifically waive and give up and release THE REAL DEAL CAMP and staff from liability for any claim for damages which I or my son/daughter may have for injuries or illnesses that he may sustain in THE REAL DEAL CAMP.

I authorize THE REAL DEAL CAMP to use any photographs or articles about my son/daughter for publicity purposes.

Parent's
 Signature _____
 (no player will be accepted without approval)

Date _____

He/She is covered by _____
 Insurance Company

Policy # _____



Presented by: JC Fodale Energy

REAL DEAL



SPEED CAMP

Hosted by: REAL DEAL CAMP INC
 Ages 7& up (Male and Female)
 Dates of camp: June
 2,7,9,14,16,21,23,28,30
 July 7, Make-Up Days 12th &14th
 12-2hr. sessions
 Cost \$200
 Time: 9:30 to 11:30
 Location: Evangel High School
 7425 Broadacres Road
 Shreveport, LA 71129

RealDealCamp.com

Please contact Coach Byron Dawson:

318.402.9225

Why attend the Real Deal Speed Camp?

- Focus on developing and enhancing speed, quickness, and agility that is guaranteed to improve your athletic ability
- Focus on sprinting form and teaching the proper way to run
- Sport and game-oriented speed games and drills that will simulate speed in game-like situations
- Focus on injury prevention and structural development
- Develop foundations as well as advanced concepts of speed and jumping development
- Each camper will receive a camp t-shirt, a camp booklet with important academic information and also speed improvement drills they can work on year round
- Resistance training: chutes, sled pulls, tire pulls, stadium and hill running.

These are the reasons why THIS is the Real Deal Speed Camp & Combine!

REALDEALCAMP.COM

Cell: 318 402 9225

E-mail:

RealDealCamp@yahoo.com

ABOUT CAMP DIRECTOR

Coach Byron Dawson is the head of strength, speed, and conditioning at Evangel High School. In 2003 he started the first camp in Louisiana history with a focus on speed and agility. He is also the head track coach at Evangel. Dawson is a two time state champion in Shot - Put and also has coached nine individual track Champions in the past 5 years.

Coach Dawson was a four-year starter on the LSU football team. He was also a member of a National Championship Track Team and SEC Championship football team while at LSU. He was influenced at LSU by two National Strength Coaches of the Year, Rob Oviatt and Tommy Moffit. Coach Dawson was also exposed to the teachings of LSU track coach Pat Henry, who has won 27 national championships, more than any other coach in NCAA history. The majority of the drills and training techniques being taught were influenced by Coach Henry. In 2007, Coach Dawson was invited to the prestigious Nike Coach of the Year Clinic to speak on speed and agility training. He also spoke and taught hundreds of coaches at the LA Tech annual clinic in 2009. Coach Dawson has been a keynote speaker at the LSU football clinic in 07,09 and 2011. He and his staff are considered one of the best in the country at their craft. Over 2,000 athletes have attended the camps.



What Is Included in Our Training?

Speed Development:

- Sprint Mechanics
- Explosion Drills
- Assisted Speed Development
- Resisted Speed Development

Quickness Development:

- Quick Foot Drills
- First Step
- Starting and Stopping Quickness
- Acceleration Development

Agility Training:

- Change in Direction
- Balance Training
- Explosive Maneuvering
- Start and Stop Acceleration and Explosion

Jumping Development

- Plyometrics
- Jumping Drills
- Resisted and Assisted Jumping
- Jumping Mechanics



Proud Sponsor of Real Deal Speed Camp