

2010 Lineman Challenge Philosophy

This competition is a great opportunity to get your lineman working and competing together, while establishing unit chemistry.

The Lineman Challenge allows players to use body control, balance, quickness, agility and strength.

The competition will also incorporate explosiveness, foot movement, and leverage—staples of line play!

The Lineman Challenge is a special event just for the “guys up front.” This is a chance for them to show their skills, have fun and compete against each other.

Who is the best of the Big Guys up Front!



Cost is \$185 per team

Checks made payable to:

Steve Hladio/Lineman Challenge

All forms must be postmarked by:

May 22, 2010

Important Competition Notes

- Medical staff will be available.
- You must compete as a team of five (5) lineman.
- Schools may enter multiple teams. No switching teams.
- All competitors will receive a tee shirt.
- Teams may wear team identification.
- Wear work out gear.
- Cleats and Football gloves are allowed.
- Each school is required to have a football program representative present at the competition.
- Due to an injury you may finish the Team Competition with four (4) lineman. All injuries must be documented by the on site Trainer, Lineman Challenge Director and Program rep.
- Individual Competition will begin after registration. Team Competition will begin after a one (1) hour lunch break.
- Lineman Challenge Director makes the final decisions over all events and behavior or actions of all contestants and spectators.
- We will take pizza orders for lunch - drinks also available.
- No refunds after June 1, 2010
- Any questions - please get in contact.
- This is a GREAT EVENT for lineman - That's why we do it.
- Thanks to everyone who helps make this event a success!

All participants must play and have a roster position “on the line” for at least one side of the ball. Anyone found trying to beat the rules will be disqualified and banned for life.

ANY QUESTIONS PLEASE CONTACT:

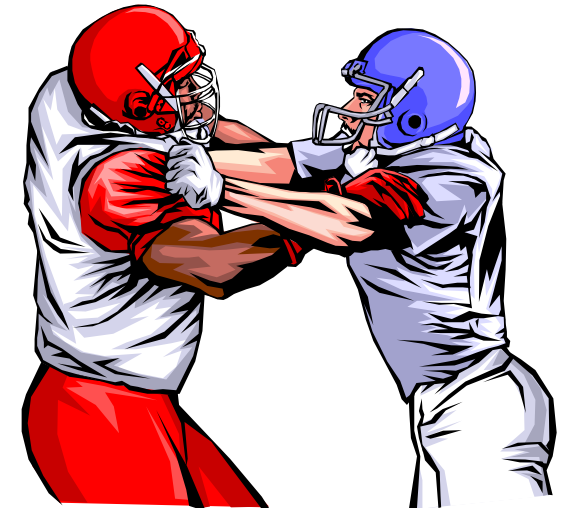
Steve Hladio
Lineman Challenge Director
276 Georgetown Court
Albany, NY 12203
518-210-3113
EMAIL: - Linemanchallenge@nycap.rr.com

**Mail registration form & fee to:
Lineman Challenge Director
Steve Hladio
276 Georgetown Court
Albany, NY 12203**



2010 7th Annual LINEMAN CHALLENGE

“The most anticipated football event in the spring.”



When: Sunday, June 6, 2010

**Where: University at Albany
Intramural Field**

Time: Registration 8:30 am

Eligibility:

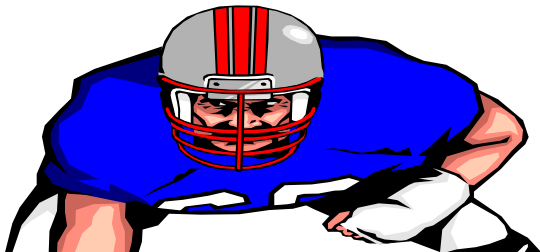
Any HS lineman and tight end with football eligibility for the 2010 season.

Individual Competition

*2009 Individual Champion:
Logan Steyer - Saugerties HS*

Competition begins after registration

- 1. Bench Press**
30 seconds to rep out as many proper reps with 185 lbs.
- 2. One - Man Sled**
Push the one man sled 25 yards, staying within the course.
- 3. Tractor Tire Flip**
Player must flip a tractor tire 10 times, while staying in the course.
- 4. Shiver Ball agility course.**
Player must push ball through a 15 yard course.
- 5. Sack the QB course**
Player must work their way through an obstacle course in an effort to sack the QB.



Visit the website:
www.linemanchallenge.com

Team Competition

*2009 Team Champion
Troy High School*

Competition begins after lunch break

- 1. Team Bench Press**
Total repetitions will be added together from the individual competition.
- 2. Team Sled push**
A 5 man sled must be pushed for 25 yards while staying within the course.
- 3. Obstacle course**
A relay style course. Team members must choose who runs what leg of event.
- 4. Farmers Walk**
Starting at the goal line carrying two 80-lb dumbbells to their partner 25 yards away
- 5. Tug of War**
Pairings are based on postmark
Teams are 10 yards apart.
1 minute time limit for stalemate
Pull the flag over the line

Scoring System for Team & Individual winner

Points awarded on a ranking system
Cumulative point total wins

AWARDS

- The "Iron Lineman"
This award goes to the top athlete with the best cumulative score in all individual events
- "Iron Line"
This award will go the TEAM with the best cumulative score in all events.
- Awards also given out for top finishers in both the team and individual competition.

Team Registration Form

School Name: _____

Head Football Coach: _____

Cell Phone: _____

Email: _____

Home Number: _____

Please print neatly

Lineman#1 _____

Shirt Size XL XXL XXXL

Lineman#2 _____

Shirt Size XL XXL XXXL

Lineman#3 _____

Shirt Size XL XXL XXXL

Lineman#4 _____

Shirt Size XL XXL XXXL

Lineman#5 _____

Shirt Size XL XXL XXXL

Football Program Representative attending:

Cell Phone # _____

Shirt Size XL XXL XXXL

Registration deadline: May 22, 2010

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Lineman Challenge Director
Steve Hladio
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Albany, NY 12203**