

PARTICIPATION WAIVER

Appearances by Former University of Alabama Stand-outs, Terrance Jones and current NFL , Baltimore Ravens' player, Le'Ron McClain. Also long time Head Strength and Conditioning Coach @ The University of Tennessee, Johnny Long. Coach Long is a current owner of Alpha Dog speed training program and one of the foremost experts in speed training in the U.S.

Our goal is to provide an outstanding football and speed training camp. We have been planning and preparing for this camp since our arrival almost six years ago. We now feel with the advancement in our facilities, equipment and staffing, we can provide a very professional camp experience for future athletes in our community. Football instruction will include basic skills and fundamentals at all offensive and defensive positions. Speed training will focus on linear speed, lateral speed and change of direction, power and explosion.

Roger Haynes



I _____, the parent of _____ give my permission for him to participate in the Senator's Football Camp. I hereby authorize the staff of Sparkman High School to act according to their best judgment in any emergency requiring medical treatment, and I state that the above applicant has received medical clearance from a physician and is in sound physical condition to participate in this camp. I, the above signed parent, will be responsible for all costs of medical attention provided. I relieve all Madison County Schools and its' employees of any and all liability resulting in any acts dealing with my child during this camp.

***Physical Form must accompany registration.**
Pre-Registration Deadline June 10, 2009

Sign up for: Football / Speed Training Camp	Time	Price
<input type="checkbox"/> Grades 3rd-5th	9am-12pm	\$75.00
<input type="checkbox"/> Grades 6th-8th	2-5pm	\$75.00
Walk-up Registration (June 22)		
<input type="checkbox"/> Grades 3rd-5th (cash only)	8-9am	\$100.00
<input type="checkbox"/> Grades 6th-8th (cash only)	1-2pm	\$100.00
	Subtotal:	_____

	Total:	_____

Name _____
Address _____

Phone _____

**Make Checks Payable to:
SHS, include phone number and drivers
license number.**

Mail to:

Sparkman Senator's Football / Speed Camp
P.O. Box 467
Harvest, AL 35749

- Check
 Cash
(Circle T-Shirt size below)
 Youth size: S M L XL
 Adult size: S M L XL 2XL

Phone: 256 837-0331
Fax: 256 837-7673
E-mail: rhaynes@madison.k12.al.us



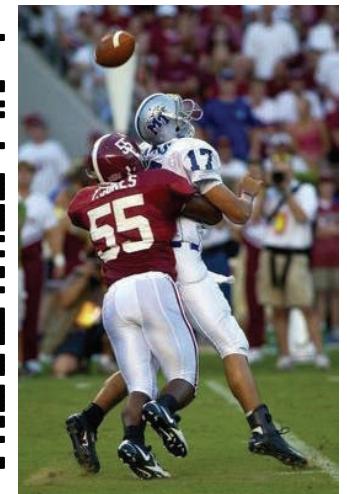
Head Football Coach: Roger Haynes

SPARKMAN SENATOR'S FOOTBALL

**Football / Speed
Training Camp
June 22-25, 2009**



SPARKMAN HIGH SCHOOL



LE'RON MCCLAIN

Sponsored by



Each camper will receive a T-Shirt sponsored by TOC. Please indicate T-Shirt size on your registration form.

Tel: 256-682-5899

FOOTBALL / SPEED CAMP



Senator Football Staff

Head Coach: Roger Haynes

Offensive Coordinator: Chris Cagle

Defensive Coordinator: Jonathan Snider

Special Teams & Head Strength and Conditioning Coach: Patrick Malone

Offensive Line & Head Speed Coach: Eddie Stewart

Offensive Line: Kevin Sledge

Receivers: Marcus Cochran

Our football staff has a combined 81 years of experience in coaching high school football. Sparkman's coaches are not only experts in their field but exemplary role-models to our young men. We look forward to working with your children and hope to make it a very positive learning experience. The camp will be highly organized and physically demanding. Please make sure campers are acclimated to heat. Hydration will be provided and mandatory for each camper. Each camper will also receive a camp T-Shirt.

Le'Ron McClain Biography

Le'Ron McClain is coming off a great NFL season that placed him in the Pro Bowl in only his second season. Le'Ron, a former player of Coach Haynes at Tuscaloosa County High School as well as a former stand-out at The University of Alabama, will be here on Tuesday, June 23, to work with the campers. Le'Ron's enthusiasm, for the Game of Football and Life, will be a special treat for our campers. Le'Ron is now and has been throughout his career a punishing runner and blocker.

Le'Ron McClain

- **#33 Running Back**
- **Height: 6-0 / Weight: 260**
- **Born: Dec. 27, 1984—Northport, AL**
- **College: University of Alabama**
- **Draft: 2007—4th Round (38th Pick) by Baltimore Ravens**

Terrance Jones Biography

Terrance Jones, a high school teammate of LeRon and former player of Coach Haynes at TCHS, was also a stand-out player at The University of Alabama at Linebacker. According to Coach Haynes, Terrance is the player with the highest motor and most football savvy of any player that he has ever coached. He is truly a special person and has aspirations of becoming a college football coach. The campers will also thoroughly enjoy their time working with him on the field on Tuesday, July 23rd.



Terrance Jones

- **#55 Strong Linebacker**
- **The University of Alabama**
- **Hometown: Fosters, Alabama**
- **Height: 6-1 / Weight: 220**

* Le'Ron and Terrance will be signing autographs for all of you Alabama or Baltimore Raven fans or just football fans in general. Bring your own memorabilia and we will furnish pens.



Johnny Long—Alpha Dog Sports Founder and long time University of Tennessee Head Strength and Conditioning Coach

Johnny Long Biography

Coach Long was a long time assistant at The University of Tennessee. He spent the last 14 seasons with the Vols serving as the Head Strength and Conditioning Coach for the last 8 seasons. He has trained 350 All Americans, 154 Pro Athletes, 115 All SEC Athletes and 44 Olympians. He is highly regarded as one of the foremost experts in speed training. Coach Long is now in private business, Alpha Dog Sports, devoting full time in the development of athletes with a special emphasis on speed training. Coach Long has been to our workouts to critique our program, make suggestions and help implement our current training program. He has a wealth of knowledge and truly knows how to motivate athletes. We are extremely fortunate to have him working with us on Wednesday and Thursday of the camp.

Alpha Dog Sports™



Sparkman Senator's Football / Speed Camp
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