

2009 Long Beach Jordan "BIG MAN" Football Lineman Competition



Saturday July 25, 2009
8:00 a.m. to 4:00 p.m.



Dear Coach,

The 1st Annual Long Beach Jordan "BIG MAN" Football Lineman Competition is scheduled for Saturday July 25, 2009 at Jordan High School, located at 6500 Atlantic Ave. in North Long Beach. We are going to host the contest, limiting the field to the first 16 — 20 teams who are interested in competing and send in payment. Featured special guest will be Scott Brengel -professional strongman (www.eastweststrength.com) who will demonstrate the events and to assist both coaches and players with technique and execution. A team consists of 10 players with up to two alternates. You may enter as many teams of 10-12 men as you wish. Remember, this is for linemen only. Please, no skill guys or linebackers.

This year's events will include:

- 1) Semi-truck pull w/harness
- 2) Obstacle Course
- 3) 530 lb. Tire Flip
- 4) 2 Man Sled Relay
- 5) Farmer's Walk
- 6) NFL Agility Course
- 7) Big Man Weigh In
- 8) Bench Press
- 9) 5 Man Sled Push
- 10) Super Yoke Walk
- 11) Tire Throw
- 12) 1/2 Mile Big Football Relay (110 yards each man)
- 13) Tug-A-War Finale

Awards...Awards...Awards!!!

- Tee Shirts and trophies for the 1st through 5th Place Teams
- Individual Awards for Individual Best Marks in Each Event
- Each team will select their own MVP and an award will given to him
- Plaques for the top five teams
- Water will be provided for hydration
- No-host post game for coaches at Joe Jost's located at 22803 E. Anaheim Street on the corner of Temple and Anaheim in Long Beach 1-562-439-5446

Please send your check for only \$200 to:

Scott Meyer c/o Long Beach Jordan Football
"BIG MAN" Lineman Competition
6500 Atlantic Ave.
Long Beach, California 90805

Telephone Scott's cell #: 1-562-537-1377
School # 1-562-423-1471



What better chance
to see how your
"BIG MEN"
measure up!

All events are subject to change if need be. Space will be limited to the first 16-20 teams who reply. Don't be left out!

Questions and inquiries should be directed to
Scott Meyer HFC Long Beach Jordan High School