



Dear Coach,

With the coming of spring, the 2015-16 high school football season is quickly approaching. I am sending this letter to invite your high school football team to participate in the sixth annual Metro Area Lineman Challenge. This event will be held at Tualatin High School on July 18th, 2015. Attached is a list of all of the schools invited to this competition, the tentative schedule, events, and sign up forms.

As an athlete, I have always been drawn to the camaraderie of a football team and more specifically, the camaraderie found in a group of lineman. Offensive and Defensive lineman are truly the unsung heroes of football and in most cases, are not accustomed to receiving any of the recognition. We all know that there is a very large community of passing league competitions that are happening every summer in the state of Oregon. Unfortunately, those team functions leave out some of the most important contributors to their team, so in comes the lineman challenge. This tournament will give the lineman a chance to shine and a venue to show how all of the work they have been putting in during the off-season is paying off.

Along with showcasing the athleticism of these young men, the ultimate goal of this competition is to help increase the fraternity of linemen in the state of Oregon. In a sport separated by facemasks and high-speed collisions, it would be incredibly beneficial for these athletes to know who they will be competing against in the upcoming season, and maybe even be competing with in all-star games or colleges in the future. When they read about each other in the paper (those few articles lineman get) they can be proud that they are part of the special group of athletes that do their best to represent every aspect of team in the fantastic sport of football.

Thank you for your interest and I look forward to seeing your athletes in July.

Sincerely,

A handwritten signature in black ink, appearing to read "Ian Reynoso". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Ian Reynoso

Metro Area Lineman Challenge
Glencoe High School D-Line coach
P- 503.724.1291
E- metrolinemanchallenge@gmail.com



Aloha • Barlow • Beaverton • Canby • Centennial • Central Catholic • Century • Clackamas • Crater
David Douglas • Forest Grove • Glencoe • Grant • Grants Pass • Gresham • Hillsboro • Jesuit • Lake
Oswego • Lakeridge • LaSalle • Liberty • Lincoln • McKay • McMinnville • McNary • Newberg • North
Eugene • North Medford • North Salem • Oregon City • Redmond • Reynolds • Roseburg • Sheldon •
Sherwood • Silverton • Skyview (WA) • South Eugene • South Medford • South Salem • Southridge •
Sprague • Sunset • Thurston • Tigard • Tualatin • West Albany • West Linn • West Salem • Westview •
Wilsonville • Woodburn

Overview

Each school may have a maximum of 10 linemen entered in the competition (you may bring a “JV” team with extra competitors). The team may be comprised of offensive and defensive lineman and may represent any grade. Athletes will be given a shirt with their school colors and they must bring cleats and athletic shoes for the competition. Athletes might also want to use gloves for the tug o’ war. There will be water provided on site, but athletes will have to provide their own athletic drinks and are encouraged to bring their own water bottles and food for nourishment during the competition. As a school, you are encouraged to bring a canopy, or shade tent to set up on the track for your athletes to stay out of the sun because it tends to get very hot (note: there are covered stands that should provide shade later in the day).

Check in for the MLC will be on the track at the football field and will begin at 10:00 am with the first event beginning at 11:00. Schools are strongly encouraged to arrive as close to 10:00 as possible so the athletes can have enough time to warm up for the competition. The cost of this competition is \$160 per team at \$20 an athlete (\$200 if you have two alternates). This money will be used to provide each athlete with a Metro Area Lineman Challenge T-shirt and a plate at the “Lineman BBQ” at the conclusion of the competition. The fee will also provide the winning team with "Team Champion" letterman patches, as well as an additional patch for the MLC MVP. Any money that will be left over will be held and used towards the 2016 MLC. The participating schools coach should handle the money or collection of money as well as the team registration form. So we can successfully order t-shirts, ALL registration forms must be received no later than the **31st of May**. Each athlete will also have to fill out the vital information form and turn it into the coach to be mailed with the team registration form or collected upon check in (***If an athlete does not have the vital information form complete they will not be able to compete in the challenge**).

The Lineman challenge will be comprised of eleven events. All of the events in the first half of the competition will be similar to an NFL Combine, testing strength, speed, explosiveness and agility. The second half will be arranged like a Met-rx worlds strongest man competition. With the exception of the Tug 'O War and the 2 Man Sled Relay, each athlete will be tested individually on his skills. At the end of each event all of the athletes totals for each school will be compiled into a team total. Out of this total there will be a team champion for each event.

In regards to individual scores, each number posted by the athlete will be given a score in a decathlon scoring system. The better your performance, the more points you will be awarded.

*There has also been a new aspect added to the MLC this year. Per request, there will be points awarded to each athlete for their height and weight, which will be collected at check in. The taller and heavier you are the more points you will be awarded. This is to help reward the lineman that are scoring the most points throughout the day while being a larger body.

The top eight teams in each event will receive points going towards a team total. The scale is as follows: 1st= 10 pts, 2nd= 8 pts, 3rd= 6 pts, 4th= 5 pts, 5th= 4 pts, 6th=3 pts, 7th= 2 pts, and 8th= 1 pt. There will also be an additional point given to the team that has the individual champion in each event (excluding the tug 'o war and the 2 man sled relay). Here are the list of events, followed by their rules and a brief description:

First Half: 40 yard dash, shuttle run, vertical jump, standing broad jump, and bench press.

Second Half: Farmers Carry, Tractor Tire Flip, Team tug-o-war, 2 Man sled Relay, and Obstacle course

Event Descriptions and Rules

40 Yard Dash:

Each athlete will be given two chances to run a 40 yard sprint. There will be two timers at the end of the run to make the time as legitimate as possible. The timers will begin on the athlete's movement and will stop their clocks as the runner passes them at the 40 yard line.

Together they will take both of their times and record the average as the athletes time. After the athlete runs their two attempts, the faster of the two times will be submitted. All eight of the times will be totaled to determine who is the fastest eight-man team of the challenge.

Shuttle Run:

The shuttle will cover 20 yards. Each athlete will be given two attempts and the fastest time of the two will be submitted. The athlete will start straddling a yard line facing the timer and on his movement the clock will start. He will have to touch the first line five yards away to his left or right with his hand, cut facing the timer and touch the other line ten yards away. He must cut facing the timer again and finish five yards back through the start. (Ex. start on the 15-yard line. Run to the ten, cut, run to the 20, cut and run back through the 15) If the athlete neglects to cut facing the correct direction or does not touch the line, his attempt will not count.

If he scratches both attempts, his time will be recorded as a zero. Times will be combined for a team total.

Vertical Jump:

Each athlete will be given two attempts to jump and touch as high as they can on a vertical jump ladder. Their reach will be recorded first by seeing how far they can reach up a wall with their feet planted firmly on the ground. After their reach is recorded they will attempt their jumps. The jumps will be measured in inches and will be calculated by taking the height jumped, and subtracting the height reached. The higher of the two jumps will be counted. All team jumps will be joined into a team total.

Broad Jump:

The athletes will get two chances to jump as far as they can from a stand, with two feet planted firmly on the ground. They will be tested for distance and they will be marked from the closest part of them to the starting position. If a contestant falls backwards they will be judged from where their closest body part lands relative to the start. They also must stick the landing; meaning contestants may not jump and roll out like a long jumper would. The athlete will also not be able to touch the ground to stabilize himself. If he braces on the ground his jump will be nullified. The farther of the two distances will be recorded. All team jumps will be joined into a team total.

Bench Press:

Each athlete will be given the chance to bench press 185 lbs. as many times as they can before they fail. For a press to be counted by the judges the contestant must touch his chest with the bar and then press it up, **locking his elbows** at the top of the lift. *If the contestant does not meet both of these requirements the repetition will not be counted. All of the totals will be combined for a team total.

Farmers Carry:

Using a hex shrug bar with 315 lbs. on it, the contestants will be given 30 seconds to see how far they will be able to carry the weight back and forth along a 20 yard path. The required path will take the athletes twenty yards, around a cone and back another twenty yards to the start and continue until time runs out or they drop the weight. The 30-second timer will begin as soon as the competitor takes his first step. Their distance will be marked as soon as the weight touches the ground again or when the time expires. *Distances will be rounded up to the nearest yard. All individual distances will be compiled for a team distance.

Tractor Tire Flip:

Each participant will have 30 seconds to flip a tractor tire as many times as they can. The tire is an estimated 350 lbs. All of the athlete's flips will be totaled at the conclusion of the teams round and the team total will be submitted. The tire will begin on one side and will have to be flipped over and touch the ground before time is up to be counted. *If the tire is in the process of falling to the ground as the time ends the rep will not count. It will be the judge's decision. *The tire flip will begin at the beginning of the entire challenge and run continuously throughout the day.

2 Man Sled Relay:

Each school will be represented by four groups of two athletes. The two athletes will drive a two man blocking sled 15 yards, turn around a cone and drive it back to the start before passing the sled off to another pair of their teammates to repeat the path. The sled must travel counterclockwise around the cones. If the sled comes off of this path it's time will continue to run and they will have to put it back on the path. After all three groups of two have pushed their leg of the relay; the clock will be stopped as soon as the bags on the sled pass the start line. *If the cone at the start, or the 15-yard mark is touched by the sled or the competitors, the entire team will be penalized one second.

Team Tug-O-war:

As the teams check in they will be given a team number that will be assigned according to when they check in. This number will tell them where they will sit in the bracket (earliest to register is the 1 seed and so on). The format will be double elimination and there will be a consolation bracket to determine third through eighth place.

Obstacle Course:

Each athlete will compete in an obstacle course that will test their, explosiveness, speed, agility, hands and overall athleticism. The fastest team total will be deemed the obstacle course champion. *5/10 of a second will be deducted for every obstacle touched. All times will be compiled into a team total.

Metro Lineman Challenge Schedule

10:00- Check in

11:00- 40 yd. sprint and 20 yd shuttle

Vertical jump and standing broad jump

1:15- Bench Press competition

3:00- Farmers Carry
Tractor tire flip

4:30- Tug O' War

5:30- Sled push & Obstacle Course

7:00- Results awards and departures.

*All times are adjustable to fit the demands of the competition.



SIGN UP

*Please print all information

School: _____

Athlete Name	Shirt size			
1. _____	L	XL	XXL	3XL
2. _____	L	XL	XXL	3XL
3. _____	L	XL	XXL	3XL
4. _____	L	XL	XXL	3XL
5. _____	L	XL	XXL	3XL
6. _____	L	XL	XXL	3XL
7. _____	L	XL	XXL	3XL
8. _____	L	XL	XXL	3XL
9. _____	L	XL	XXL	3XL
10. _____	L	XL	XXL	3XL

Please return this form with a check for the entry fee to:

Coach Ian Reynoso
Glencoe High School
2700 NE Glencoe Rd.
Hillsboro, Oregon 97124

Please make your check payable to “Metro Area Lineman Challenge”.



VITAL INFORMATION

This form must be completed by each athlete and turned in with the team registration form by the 3rd of June.

Player

Name: _____ Age: _____ High School: _____

Address: _____

FATHER

Name: _____

Address if Different: _____

Home Phone: _____ Cell Phone: _____

MOTHER

Name: _____

Address if Different: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact (Other Than A Parent)

Name: _____

Address if Different: _____

Home Phone: _____ Cell Phone: _____

Health Care Provider:

Phone Number:

Policy Number:

The undersigned, _____, who is one of the parents or legal guardians of the above named minor, herein authorize the adult sponsor of Metro Area Lineman Challenge or any responsible adult person bearing this written authorization, to consent to necessary emergency medical care by an attending physician, or others he/she may choose, in case of injury, ingestion, or illness. The undersigned accepts all financial responsibility for necessary treatment and services. This authorization shall remain effective until terminated in writing.

Parent or Guardian's Signature: _____

Date: _____