

## TESTIMONIALS

*“The clarity of your teaching simplifies the game tremendously”*

Mike Kuchar. Co-Founder X&O Labs



Alercio Oline Clinic St Johnsbury, VT  
June 8, 2025

*“I have worked at hundreds of camps/clinics in 40 years of college coaching. Coach Alercio’s OL clinic is undoubtedly one of the best. He teaches proper fundamentals in a logical and easy to learn way. You will definitely be a better offensive lineman if you put his techniques to use.”*

**Paul Castonia, Head Football Coach  
Plymouth State University**



Rich Alercio  
O-Line LLC  
1000 Main Street  
St Johnsbury VT 05819

“ Rich Alercio, a guru in offensive line play in the Northeastern part of the country.”

*American Football Monthly, July 2008*

Discounts for Teams  
Coaches Attend for Free  
[www.olineskills.com](http://www.olineskills.com)



# TEACHING TECHNIQUES For The TRENCHES

**South Jersey** Sunday April 12  
Wildcat Sports Complex, Egg Harbor City

**North Jersey** Sunday May 3  
West Orange High School

**Vermont** Sunday June 7  
St Johnsbury Academy

9:00am – 1:00pm



April 13, 2025 Alercio Oline Clinic at The Hun School, Princeton, NJ

## REGISTRATION FORM - Print Clearly

Name:

High School:

Graduation Year:

Email:

Phone:

T-Shirt Size: M L XL XXL 3XL

Clinic:  
South Jersey \_\_\_\_\_ North Jersey \_\_\_\_\_ VT \_\_\_\_\_

| Type       | Cost/player |                           |
|------------|-------------|---------------------------|
| O-Line     | \$50        | <i>5+ from same HS</i>    |
| Individual | \$60        | <i>Preregistered</i>      |
| Walk-up    | \$70        | <i>Paying at the door</i> |

## REGISTRATION & PAYMENT OPTIONS

Mail Form & Check payable to  
**Rich Alercio OLine**

1000 Main Street St Johnsbury, VT 05819

Scan & Email to:      Or      Scan QR Code  
[richalercio@gmail.com](mailto:richalercio@gmail.com)



Pay with Venmo  
@Rich-Alercio



Note: Player's name & School

## WAIVER

I realize that participation in any athletic activity involves risk of injury. I hereby agree to waive any claim against Rich Alercio, Wildcat Sports Center, West Orange HS, St Johnsbury Academy, Alercio OLine LLC and its instructors for any injuries suffered by my child during this clinic. I allow the use of photos taken to be used for promotions.



Parent Signature

Date

## OLINE SKILLS

### 2 & 3-Point Stance

### 4 Run Steps: Base, Reach, Angle, Bucket

### 2 Pass Steps: Kick, Power

### Run & Pass Punches

### Steps, Targets & Strike Points for:

|                     |                       |
|---------------------|-----------------------|
| <b>-Drive Block</b> | <b>-Double Team</b>   |
| <b>-Reach Block</b> | <b>-Combo Block</b>   |
| <b>-Down Block</b>  | <b>-Cut off Block</b> |

### Pulling Techniques: Skip, Flat, Lead

### Man, Zone, and Gap Schemes

### Pass Sets vs Outside & Inside Rushers

### Pass Blocking Techniques

### Slide Pass Protection Scheme

## MISSION STATEMENT

There is a saying in football that  
**games are won in the trenches**.

Alercio OLine Clinics have  
specialized in teaching the  
technical & tactical skills of the  
trenches for 25 years. We believe  
that the true "**Skill Players**" in  
football are the offensive  
linemen. We teach the  
coordination and execution of  
learned physical tasks that allow  
linemen of any size to achieve  
both individual and team success.

## TUITION

- \$50 - 5 or more players from one school
- \$60 - Regular pre-registration fee
- \$70 - Walk-up registration fee at the door



Images from the May 26th Alercio Oline Clinic in West Orange, NJ

## CONTACT INFORMATION

609-433-3412

[richalercio@gmail.com](mailto:richalercio@gmail.com)

<https://www.facebook.com/olineskills/>

## DIRECTIONS

GPS to:

**Wildcat Sports Center**

1524 Grant St, Egg Harbor City, NJ

**West Orange High School**

51 Conforti Ave, West Orange, NJ

**St Johnsbury Academy**

1000 Main Street, St Johnsbury VT

## ELECTRONIC BROCHURE

[www.olineskills.com](http://www.olineskills.com)

## LINK TO VIDEO SESSION

[Base 2 Steps - YouTube](https://www.youtube.com/watch?v=Base 2 Steps)