# *The EDGE Team Football Camp 2026* at Salisbury University



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The Edge Football Camp at Salisbury University is a great experience for high school football teams. I have taken teams to this camp over the past years with tremendous results. The entire Salisbury staff works with your coaching staff to create the perfect camp. The Edge Football Camp at Salisbury University is great camp and your team will leave the campus a better team for having attended.

Steve Turnbaugh , Maryland High School Football Hall of Fame Coach



## Message from Coach Wood

Dear Coaches/Players,

I would like to offer you a great opportunity to enhance your football skills through The Edge Football Camp at Salisbury University. By participating, you will receive valuable instruction from one of the nation's top programs, with 20 post-season appearances since 2002, 40 All-Americans selections and over 300 All-Conference players. We believe through your participation in our camp you will receive a quality experience where your team will truly gain an "EDGE" on your opponents. Hope to see you this summer!

Sherman Wood
Head Football Coach
Salisbury University

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## The Edge Football Camp ....

The Edge Team Football Camp at Salisbury University focuses on fundamental skill development for all positions on offense and defense, instructed by the Salisbury University Football Staff. Each team will also have access to our new turf stadium field, as well as our Bermuda grass practice fields to work on offense and defense schemes. Teams will have the opportunity to compete in 7 v 7 games. Salisbury University has outstanding facilities, featuring air conditioned residence halls, classroom availability, our Commons Dining Hall featuring Eastern Shore cooking, and the Maggs Physical Activities Center, which houses our weight room, Olympic size pool, and 3 basketball courts. The goal of our camp is to provide your team with an opportunity of accomplishing their goal of becoming a state champion. Our staff will do our absolute best to accommodate all of your needs during camp.



## Costs

**$245 per player which includes...**

6 Practices
6 all you can eat meals
Access to SU Facilities including; Dorms, Game and Practice Fields, Weight Room, Basketball Gym, and Pool.
Camp shirt for every athlete

## Camp Session

**July 27th – July 29th**



## 2026 CAMP SCHEDULE

### Day 1

| | |
|---|---|
| 11:30 am | Check-in |
| 1:45 pm | Camp Meeting |
| 2:30 pm | Practice |
| 5:00 pm | Dinner |
| 7:00 pm | Practice |
| 9:00 pm | Recreation – Basketball/Weights |
| 10:00 pm | In your team dorm |

### Day 2

| | |
|---|---|
| 6:45 am | Wake Up |
| 7:00 am | Breakfast |
| 8:30 am | Practice |
| 11:30 am | Lunch |
| 1:00 pm | Recreation – Pool |
| 2:30 pm | Practice |
| 5:00 pm | Dinner |
| 7:00 pm | Practice |
| 9:00 pm | Recreation – Basketball/Weights |
| 10:00 pm | In your team dorm |

### Day 3

| | |
|---|---|
| 6:45 am | Wake Up |
| 7:00 am | Breakfast |
| 8:30 am | Practice |
| 11:00 am | Lunch |
| 11:30 am | Depart |

# *The EDGE Team Football Camp 2026* at Salisbury University

The Edge Camp got our program going in the right direction. As a first year head coach (2013), our players were provided with quality instruction from the Edge staff and the opportunity to work as a team for the first time. Team unity is imperative for a successful season and program. The Edge camp provided this for our program. The food, lodging and facilities are all top notch. The Seaford football program is thankful to be involved with the Edge Camp and will continue to return each year.

-Mark Quillin, Athletic Director, Sussex Tech HS (DE)

The camp is well organized from registration through check out. Our players were well coached by the Salisbury coaching staff and the camp counselors, who were members of the Salisbury football team. The dorms are excellent and the cafeteria food was exceptional. The practices had great tempo and they included a lot of instruction. Following the individual sessions, we as high school coaches, were able to work with our teams in either group or team sessions. The Salisbury staff availed themselves during this time in the event that they could be of any help to the individual teams. Our kids had a great camp experience and I believe that we were a better football team for having attended the Edge Football Camp.

Greg Lusardi, Former Head Football Coach,
Morris Catholic High School (NJ)

## Practice Time Breakdown

### O/D Technique Practice - 2x

| | |
|---|---|
| Stretch/Warm-up/Intro | 15 min |
| Off/Defense Tech (optional) | 50 min |
| Schemes (Team) | 55 min |
| All Up | |

### Scheme (Team) Practice - 2x

| | |
|---|---|
| Stretch/Warm-up | 15 min |
| Schemes (Team) | 105 min |
| All Up | |

### 7on7 / Big Man Challenge - 2x

| | |
|---|---|
| Stretch / Warm-up | 15 min. |
| Position Skills / Team | 40 min / 25 min. |
| 7on7 / Big Man Challenge | 30 min / 60 min |

## To Register your Team

Contact Coach Robb Disbennett, Assistant Head Coach/Defensive Coordinator/ Camp Coordinator

Phone: 443.880.3349
Email:rwdisbennett@salisbury.edu

