



Dr. C.J. Remmo, Head Football & Wrestling Coach

Director, Potomac Football Elite Big Man Camp

Born and raised in Buchanan, Michigan, Coach Remmo was an All-State high school performer in football, wrestling, and baseball. He went on to become a 3-year starter and defensive lineman on the football team at Central Michigan University and served as co-captain his junior and senior year. C. J. was also named to the All-Academic first team for the Mid-American Conference in his senior year.

Coach Remmo earned his undergraduate and Master's degrees at Central Michigan University and his Ph.D. at the University of Denver. For over 20 years, Coach Remmo has coached football and wrestling for college and high schools in Michigan, Colorado, and the DC metro area. He also helped develop several wrestlers to MAC and DC championships, including a National Prep runner-up wrestler in 2014. Coach Remmo is a co-developer and director of the Big Man Sports Synergy camp.

Coach Remmo says, "Like the best football coaches in college and the NFL, and as a former high school and college lineman, I believe that the best way to prepare yourself is to commit to a well-rounded approach that includes activities like wrestling, weight training, and yoga. The best football players compete year-round in a variety of athletic movements that synergize with what we do on the gridiron. I can honestly tell you that my success on the football field was a direct result of the hard work I put in on the wrestling mat and in the weight room. The Potomac Football Elite Big Man Camp will help you dominate the line of scrimmage."

Sample Daily Schedule:

8:50 – 9:15 am	Arrival, check-in with coaches, walk to football field
9:15 – 9:30 am	Football warm up and overview of the day
9:30 – 10:00 am	Offensive line technique session
10:00 – 10:30 am	Defensive line technique session
10:30 – 11:00 am	Lineman competition
11:00 – 11:15 am	Cool down/stretch
11:15 – 12:00 pm	Lunch break
12:00 – 1:00 pm	Strength training instruction
1:00 – 1:15pm	Wrestling warm up and agility exercises
1:15 – 1:45 pm	Stance/Movement/Hand fighting
1:30 – 1:45 pm	Barbarian Mat Competitions
1:45 – 2:00 pm	Cool Down/Stretch
2:00 – 2:30 pm	Pool time
2:30 - 3:00 pm	Yoga / Nutrition / Recap