

FOOTBALL-SUMMER-PRIDE

T-Wolves Summer Pride is a strength and conditioning program that focuses on total athletic development. Participants will perform a wide variety of exercises that will enhance the athlete's overall performance. It is highly encouraged that athletes who plan to play football in the fall attend this program. T-Wolves Pride runs all summer. With the week of June 30th - July 7 off for vacation. The Varsity/Freshmen session runs for 7 1/2 weeks. The Middle School (6-8th Grade) Session runs for 6 weeks.

Varsity T-Wolves Pride cost is \$200.00 (10th-12th Grades for fall 2019)

Times: 6:30am - 8:30am - June = 3 days/week M, Tu, Thu // July = 4 Days/week M, Tu, Th, Fri.

Freshmen T-Wolves Pride cost is \$200.00 (9th Grades for fall 2019)

Times: 9:00am - 10:30am - June = 3 days/week M, Tu, Thu // July = 4 Days/week M, Tu, Th, Fri.

Middle School T-Wolves Pride cost \$150 (6th - 8th Grades for fall 2019):

Times: 9:30-10:30am - 3 days a week Monday, Tuesday, Thursday both June and July

First Day of T-Wolves Summer Pride will be Monday, June 3rd

For exact dates, check the summer calendar or email Coach Jones at justinj@norman.k12.ok.us



**FOR MORE INFORMATION,
CONTACT COACH JONES**
Email: justinj@norman.k12.ok.us
Cell: 405-313-9011
OR CHECK OUR WEBSITE:
www.nnfbc.com

FOOTBALL CAMPS

Middle School Padded Football Camp Cost \$50

Who: Incoming 7th and 8th Grades for Fall of 2019

When: Thursday, July 11th and Friday July 12th 6:00 - 8:00pm

Where: Norman North Football Complex

Why: This camp will be a two day, Padded skills camp. Campers will be taught the proper fundamentals of the game of football, in addition to learning terminology and base football plays that the varsity will be running.

T-Wolves QB/WR Skills Camp - Cost \$80

Who: Incoming 3rd - 8th Grades for the Fall of 2019

When: 4 days (Mon. 6/24 - Thursday 6/27) 6:00 - 8:00pm

Where: Norman North Football Complex

Why: This camp is a non-padded football camp designed for QB's and wide receivers. It will include classroom time, film preparation, and on field work.

T Wolves Youth O/DLine padded fundamental Camp \$50

Will be limited to 25 campers 5th- 7th Grades for Fall of 2019

When: July 18 and 19, Time 6:00 - 8:00pm

Where: Norman North Football Complex

Why: Introduce campers to Offensive and Defensive Line Fundamentals



TRAIN LIKE A CHAMPION!

UNDER ARMOUR T-WOLVES FOOTBALL SUMMER 2019

Norman North Strength and Conditioning Summer Program

ATHLETE REGISTRATION

NAME: _____
ADDRESS: _____
CITY/STATE/ZIP: _____
EMAIL: _____
PHONE: _____ GRADE FALL '19: _____

- 9-12th Grade T-Wolves Pride: \$200 Middle School Padded Camp: \$50
 Middle School T-Wolves Pride \$150 Other Skills or O/D Line Camp \$80 or \$50

T-SHIRT SIZE: (CIRCLE ONE)
YM YL S M L XL 2XL

TOTAL ENCLOSED: _____

RETURN THIS FORM TO:

COACH JUSTIN JONES
Norman North Football Camps
c/o Justin Jones
1809 Stubbeman
Norman, OK 73069

MAKE CHECKS PAYABLE TO: Norman North Football Camps

PARENTAL/GUARDIAN CONSENT FORM AND LIABILITY WAIVER

Participant's Name: _____

Birth date: _____ Sex: _____

Parent/Guardian's name: _____

Home address: _____

Home phone : _____ Business phone: _____

I, _____, grant permission for my child, _____,
(Prnt Guardian Name) (Print Participant Name)

to participate in the **T-Wolves Pride Strength and Conditioning Summer Program and football camps**. I certify that my child has been examined by a physican and has been found to be in good health and able to compete in all camp activities without restriction. In addition, I acknowledge that I have medical insurance to cover the cost of any injury or illness that may occur duting my child's participation in this program/camp.

Furthermore, I authorize the staff of the **T-Wolves Summer Pride** to act for me accoring to their best judgement in an emergency requiring medical attention. I hereby release **T-Wolves Summer Pride** and **Norman Public Schools** from all claims resulting from any injury my child may sustain while attending this program/camp.

Parent/Guardian Signature: _____ Date: _____

EXACT DATES FOR SUMMER PRIDE

WEEK #1: MON. 6/3, TUES. 6/4, THURS. 6/6

WEEK #2: MON. 6/10, TUES. 6/11, THURS. 6/13

WEEK #3: MON. 6/17, TUES. 6/18, THURS. 6/19

WEEK #4: MON. 6/24, TUES. 6/25, THURS. 6/27

VACATION WEEK : JUNE 30 - JULY 7

WEEK #5: MON. 7/8, TUES. 7/9, THURS. 7/11, (FRI. 7/12 FOR 9-12TH ONLY)

WEEK #5: MON. 7/15, TUES. 7/16, THURS. 7/18, (FRI. 7/19 FOR 9-12TH ONLY)

WEEK #6: MON. 7/22, TUES. 7/23, THURS. 7/25, (FRI. 7/26 FOR 9-12TH ONLY)

(LAST DAY OF TRANING FOR MIDDLE SCHOOL IS THURSDAY, JULY 25)

WEEK #7: MON. 7/29, TUES. 7/30, THURS. 8/1, FRI. 8/2

WEEK #8: 9-12 GRADE SUMMER PRIDE COMBINE IS MON. 8/5 & TUES. 8/6