

# UNION 2018 FOOTBALL CAMPS



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# Stronger. Faster. Better.

REGISTRATION FORM on the BACK

www.unionredskinsfootball.com



## JR ELITE SESSION: 7<sup>TH</sup> – 9<sup>TH</sup> GRADES (\$50\*)

\*7<sup>th</sup>: Camp fee included in UYFA registration

**JUNE 4 – JUNE 6**  
9:00 AM – 12:00 PM

## YOUTH ELITE SESSION:

### 3<sup>RD</sup> - 6<sup>TH</sup> GRADES (\$50\*)

\*Camp fee included in UYFA registration

**JULY 17 – 19**  
6:30 PM – 8:30 PM

## Grades: 3 - 9

(2018-2019 school year)

### LOCATION:

Union Tuttle Stadium

**EQUIPMENT:** Helmet, mouth piece, shoulder pads, jersey, shorts and cleats.

### CAMP DESCRIPTION:

The Football Camp is a limited contact pad camp. The goal of the camp is to improve individual position skills while developing unity in a team environment. There will be no contact below the waist and no "to the ground" tackling during the camp. The safety of the athlete will be the number one priority.

Questions? Contact: (918-357-7410)



## Grades: 3 - 12

(2018-2019 school year)

### LOCATION:

Union Tuttle Stadium  
Union High School

**REDSKIN COUNTRY CLUB** is based on experienced coaching and enhanced by new equipment and techniques to develop our future athletes.

### VARSIY SESSION:

**10<sup>TH</sup> – 12<sup>TH</sup> GRADE (\$150)**  
**JUNE 11 – JULY 26**  
7:00AM – 9:00AM (M,T,Th,F)

### JR ELITE SESSION:

**7<sup>TH</sup> – 9<sup>TH</sup> GRADES (\$130)**  
**JUNE 11 – JULY 26**  
9:00 AM – 10:45 AM (M, T, Th)

### YOUTH ELITE SESSION:

**3<sup>RD</sup> – 6<sup>TH</sup> GRADES (\$60)**  
**JULY 9 – JULY 26**  
10:45 AM – 12:00 PM (M, T, Th)

**RCC will not meet on July 2<sup>nd</sup> – 6<sup>th</sup> 4<sup>th</sup> of July Holiday**

--Strength, Flexibility, Speed, and Agility training--

**REDSKIN COUNTRY CLUB** is an intense training program offered to athletes entering the 3<sup>rd</sup>-12<sup>th</sup> grades.

The camp meets 3 days a week for 3<sup>rd</sup>-9<sup>th</sup> grades (M, T, Th) and 4 days a week for 10<sup>th</sup>-12<sup>th</sup> grades (M, T, Th, F).

YOUTH SESSION ONLY MEETS IN JULY!

**REDSKIN COUNTRY CLUB** athletes should wear workout clothes and tennis shoes and have a desire to work hard and improve while learning in a fun environment.

**QB School:** Comprehensive set of lessons dealing with the Quarterback position. Classroom teaching, throwing technique, and footwork mechanics. Session time, dates and cost are TBA. Please contact Coach Roepke if interested [roepke.richard@unionps.org](mailto:roepke.richard@unionps.org)



**OLINE – DLINE CAMP:** 2 day camp focusing on the technique and fundamentals of offensive and defensive line play.

Contact Coach Riley for questions and flyers. [riley.aaron@unionps.org](mailto:riley.aaron@unionps.org)



# THE GAME

INTRODUCTION TO TACKLE FOOTBALL  
MIGHTY MITES - 1ST AND 2ND GRADES

**Grades: 1 - 2** (2018-2019 school year)

**COST: \$50** per player (t-shirt included)

**LOCATION:** Union Tuttle Stadium, Union High School

**EQUIPMENT:** Helmet, mouth piece, shoulder pads, jersey, padded pants (or shorts) and cleats

**DATES:** JULY 17-19 (6:30PM – 7:30PM)

### CAMP DESCRIPTION:

"The Game" Pad Camp is a limited contact padded camp, requiring a **helmet, mouth piece, shoulder pads, jersey, padded pants or shorts, and cleats**. The goal of the camp is to introduce the basic concepts of football (blocking, tackling) with the proper techniques. The intent is to help new players understand how to wear their pads and release some of the anxiety of contact football in a safe and controlled environment. This camp will give all new players a head start before practice begins in the fall. The safety of the athlete will be the number one priority.

- ★ Great camp for youth coaches and their beginning players!
- ★ Camp taught by Union High School Head Football Coach, Kirk Fridrich

# UNION FOOTBALL SUMMER CAMPS APPLICATION FORM

Athlete's Name \_\_\_\_\_ Phone # \_\_\_\_\_ Grade (2018-2019) \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Emergency # \_\_\_\_\_

Email \_\_\_\_\_

- 10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Grade REDSKIN COUNTRY CLUB \$150
- 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> Grade REDSKIN COUNTRY CLUB \$130  
  
 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> Grade 2018 PAD CAMP "Building Champions" \$50\*  
 \*7<sup>th</sup> Grade: Pad Camp fee is included with UYFA registration
- 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Grade REDSKIN COUNTRY CLUB \$60  
 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Grade 2018 PAD CAMP "Building Champions" \$50\*  
 \*Pad Camp fee is included with UYFA registration
- 1<sup>st</sup>/2<sup>nd</sup> Grade INTRO TO THE GAME Pad football camp \$50

### PARENTAL CONSENT

I certify that my child has been examined by a physician 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 during my child's participation in this camp. Furthermore, I authorize the staff of the UNION FOOTBALL SUMMER CAMPS 2018 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION FOOTBALL SUMMER CAMPS 2018 and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

### Camper's T-Shirt Size (circle one)

<b>Adult size:</b>  S    M    L    XL    XXL	<b>Youth size:</b>  YS    YM    YL
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\_\_\_\_\_  
Parent/Guardian (PRINT) Date

\_\_\_\_\_  
Parent or Guardian's Signature

Make all checks payable to: **Union Public Schools**
Please send payment and registration to:

Questions? Call: 918-357-7410
Union Athletics / 6836 S. Mingo/ Tulsa, OK 74133

Union FB Summer Camps Calendar		MON	TUE	WED	THU	FRI
		JUNE 4	JUNE 5	JUNE 6	JUNE 7	JUNE 8
	Team Camp 7-9 grades	JUNE 11	JUNE 12	JUNE 13	JUNE 14	JUNE 15
		RCC begins Gr 7-12	RCC		RCC	high school only RCC
		JUNE 18	JUNE 19	JUNE 20	JUNE 21	JUNE 22
		RCC	RCC		RCC	high school only RCC
		JUNE 25	JUNE 26	JUNE 27	JUNE 28	JUNE 29
		RCC	RCC		RCC	high school only RCC
		JULY 2	JULY 3	JULY 4	JULY 5	JULY 6
		VACATION	VACATION		VACATION	VACATION
		JULY 9	JULY 10	JULY 11	JULY 12	JULY 13
		RCC Youth RCC	RCC Youth RCC		RCC Youth RCC	high school only RCC
		JULY 16	JULY 17	JULY 18	JULY 19	JULY 20
		RCC Youth RCC	RCC Youth RCC		RCC Youth RCC	high school only RCC
	UYFA Combine	JULY 23	JULY 24	JULY 25	JULY 26	JULY 27
		RCC Youth RCC	RCC Youth RCC		RCC Youth RCC	