



UNION FB CAMPS 2011

2 CAMPS - 1 PRICE \$155

BUILDING



CHAMPIONS CAMP 2011

DATE: JUNE 1 – 3 (8TH / 9TH GRADE)
JUNE 1 – 3 (7TH GRADE)

LOCATION: Union High School

TIME: 3:00 PM – 5:30 PM (8TH / 9TH GRADE)
6:00 PM – 8:00 PM (7TH GRADE)

COST: \$45 per player, t-shirt included in cost

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

CAMP DESCRIPTION: The 2011 Team Camp is a limited contact team 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:

Kirk Fridrich - Head Varsity Coach
(918-357-7410) fridrich.kirk@unionps.org

or

Brandon Coons - Head 9th grade Coach
(918-357-7305) coons.brandon@unionps.org



Monday June 13th - Thursday July 28th

Monday - Tuesday - Thursday - Friday

CAMP COST \$130 → 22 great sessions to get in shape and train properly.

- **JR. ELITE SESSION**(grades 7-9) 9:15AM-10:45AM

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

REDSKIN COUNTRY CLUB is an intense, seven-week training program offered to athletes entering the 7th through 12th grades. The camp meets 3 days a week in June and 4 days a week in July at the UMAC. This camp will be held June 13th-July 28th.

REDSKIN COUNTRY CLUB athletes will receive:

- **REDSKIN COUNTRY CLUB** T-Shirt (complete course only)
- Professional and safe instruction
- Strength and Flexibility training
- Speed and Agility training

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.

UNION FOOTBALL SUMMER CAMPS APPLICATION FORM

Athlete's Name _____ Phone # _____

Street _____ City _____ State ____ Zip _____

Height _____ Weight _____ Grade Entering (2011-2012) _____

Parent's Name _____ Emergency # _____

T-Shirt Size (please circle one) Adult: S M L XL XXL

(Please ✓ select)

- 7th/8th/9th Grade REDSKIN COUNTRY CLUB (9:15 AM - 10:45 AM) \$130
- 8th/9th Grade 2011 TEAM CAMP (3 PM-5:30 PM) \$45
- 7th Grade 2011 TEAM CAMP (6 PM-8:00 PM) \$45
- BOTH CAMPS -- \$155 (SAVE MONEY)**

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 2011 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION FOOTBALL SUMMER CAMPS 2011 and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

We will not meet on
July 5TH - 6TH (Holiday).

Parent/Guardian (PRINT) Date

Parent or Guardian's Signature

Make all checks payable to: Union Public Schools

Please send payment and registration to:

**Union Athletics
6836 S. Mingo
Tulsa, OK 74133**

**Questions?
Call: 918-357-7410**

RCC Vacation

