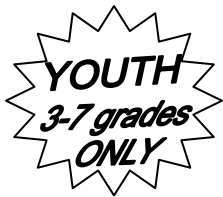


# UNION FOOTBALL SUMMER CAMPS 2010



CONDITIONING - STRENGTH - COMPETITION - FUN !

**2 CAMPS - 1 PRICE \$75**



## REDSKIN COUNTRY CLUB

Thursday July 8<sup>th</sup> - Friday July 23<sup>rd</sup>

Monday - Tuesday - Thursday - Friday

CAMP COST → 10 great sessions to get in  
**\$60** → shape and train properly!

▪ YOUTH ELITE SESSION: 10:45 AM -12:00 PM

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

REDSKIN COUNTRY CLUB is a four-week training program offered to athletes entering the 3<sup>rd</sup> through 7<sup>th</sup> grades. The camp meets four days a week at the UMAC. This camp will be held July 8<sup>th</sup>-July 23<sup>rd</sup>.

REDSKIN COUNTRY CLUB athletes will receive:

- REDSKIN COUNTRY CLUB T-Shirt
- Professional and safe instruction
- Strength and Speed Training
- Agility and Flexibility training

By completing this course, our athletes will gain an advantage over their opponents by increasing athletic capabilities and power and improving body coordination and movements.

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.

## REDSKIN FOOTBALL YOUTH SKILLS CAMP 2010



All 2010 UYFA Players invited

1<sup>st</sup> and 2<sup>nd</sup> grades included

### Two-Day Camp

July 19<sup>th</sup>-20<sup>th</sup>

6pm-8pm (evening)

High School -- Union Tuttle Stadium

**\$30**

The Redskin Football Youth Skills Camp will consist of instruction, education and FUN. This is a skills camp with emphasis on learning basic football techniques taught by the Union High School football staff and players.

All campers will receive a camp T-shirt!

**This is a non-pad camp.**

(Shorts and T-shirts are appropriate).

Each camper will be grouped according to age or ability to ensure safety with maximum learning and skill development.

# MAKE YOURSELF BETTER THIS SUMMER!

# UNION FOOTBALL SUMMER CAMPS APPLICATION FORM

Athlete's Name \_\_\_\_\_ Phone # \_\_\_\_\_

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

Height \_\_\_\_\_ Weight \_\_\_\_\_ Grade Entering ('10-'11) \_\_\_\_\_

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

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

(Please ✓ select)

- YOUTH REDSKIN COUNTRY CLUB (10:45 AM - 12:00 PM) \$60  
(Grades 3-7 only)
- REDSKIN YOUTH FOOTBALL SKILLS 2 DAY CAMP (6-8 PM) \$30
- BOTH CAMPS -- \$75

## 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 2010 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION FOOTBALL SUMMER CAMPS 2010 and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

\_\_\_\_\_  
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: 357-7408**

UNION FB SUMMER CAMPS - Youth Calendar '10						
Sun	Mon	Tues	Weds	Thu	Fri	Sat
				Jul 1	Jul 2	Jul 3
Jul 4	Jul 5	Jul 6	Jul 7	Jul 8 RCC Session #1	Jul 9 RCC Session #2	Jul 10
Jul 11	Jul 12 RCC Session #3	Jul 13 RCC Session #4	Jul 14	Jul 15 RCC Session #5	Jul 16 RCC Session #6	Jul 17
	Padded Team Camp 4-7grades (Contact your youth coach)					
Jul 18	Jul 19 RCC Session #7	Jul 20 RCC Session #8	Jul 21	Jul 22 RCC Session #9	Jul 23 RCC Session #10	Jul 24
	Youth Skills Camp					
Jul 25	Jul 26	Jul 27	Jul 28	Jul 29	Jul 30	Jul 30