

UNION FOOTBALL SUMMER CAMPS 2009



CONDITIONING - STRENGTH - COMPETITION - FUN !

2 CAMPS - 1 PRICE \$110



Monday July 6th - Friday July 24th
Monday - Tuesday - Thursday - Friday

CAMP COST **\$60** → 12 great sessions to get in 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 3rd through 7th grades. The camp meets four days a week at the UMAC. This camp will be held July 7th-July 25th.

REDSKIN COUNTRY CLUB athletes will receive:

- **REDSKIN COUNTRY CLUB T-Shirt**
- Professional and safe instruction by REDSKIN COUNTRY CLUB Staff
- Strength training
- Speed training
- Agility training
- 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 2009



All 2009 UYFA Players invited
1st and 2nd grades included

Three-Day Camp

July 20th-22nd
6pm-8pm (evening)
High School -- Union Tuttle Stadium

\$50

Before July 9th

\$60 Late register and walk-ups

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 ('09-'10) _____

Parent's Name _____ Emergency # _____

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

(Please ✓ select)

- YOUTH REDSKIN COUNTRY CLUB (10:45 AM - 12:00 PM) \$60
- REDSKIN YOUTH FOOTBALL SKILLS 3 DAY CAMP (6-8 PM) \$50
- BOTH CAMPS -- \$110**

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 2009 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION FOOTBALL SUMMER CAMPS 2009 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 '09						
Sun	Mon	Tues	Weds	Thu	Fri	Sat
			Jul 1	Jul 2	Jul 3	Jul 4
Jul 5	Jul 6 RCC Session #1	Jul 7 RCC Session #2	Jul 8	Jul 9 RCC Session #3	Jul 10 RCC Session #4	Jul 11
Jul 12	Jul 13 RCC Session #5	Jul 14 RCC Session #6	Jul 15	Jul 16 RCC Session #7	Jul 17 RCC Session #8	Jul 18
Jul 19	Jul 20 RCC Session #9	Jul 21 RCC Session #10	Jul 22	Jul 23 RCC Session #11	Jul 24 RCC Session #12	Jul 25
	Youth Skills Camp 6-8pm					
Jul 26	Jul 27	Jul 28	Jul 29	Jul 30	Jul 31	