

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 27th - July 5 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 2020)

Times: 7:00am - 9:00am - 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 2020)

Times: 9:30am - 11:00am - 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 2020):

Times: 9:30-11:00am - 3 days a week Monday, Tuesday, Thursday both June and July

First Day of T-Wolves Summer Pride will be Monday, June 8th

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 Team Camp Cost \$50

Who: Incoming 7th and 8th Grades for Fall of 2020

When: Monday, July 13 and Tuesday, July 14th 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.

Norman North Day of Champions Camp

Who: Incoming 3rd - 8th Grades for the Fall of 2020

When: FRIDAY, JUNE 26TH 9:00AM - 4:00pm

Where: Norman North Football Complex

Cost: \$50.00

Why: This camp is a non-padded football camp designed to work on football skills and fundamentals, and will include fun competitions and character development.

This camp INCLUDES Lunch, Camp Photo, and T-shirt.

This is also a day where parents can drop your son or daughter off with our staff have a day free of kids!

Campers will need Shorts, T-shirt, Tennis Shoes and Cleats(optional) & Dont forget Sunscreen!



TRAIN LIKE A CHAMPION!

UNDER ARMOUR T-WOLVES FOOTBALL SUMMER 2020

#OWNIT #BREAKTHRU #20VISION

ATHLETE REGISTRATION

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

EMAIL: _____

PHONE: _____ GRADE FALL '20: _____

9-12th Grade T-Wolves Pride: \$200 Middle School Padded Camp: \$50

Middle School T-Wolves Pride \$150 Day of Champions Camp: \$50

T-SHIRT SIZE: (CIRCLE ONE)

YM YL S M L XL 2XL 3XL

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: NNFBC

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, _____,

(Print 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 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 program/camp.

Furthermore, I authorize the staff of the **T-Wolves Summer Pride** to act for me according 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. 6/8, TUES. 6/9, THURS. 6/11

WEEK #2: MON. 6/15, TUES. 6/16, THURS. 6/18

WEEK #3: MON. 6/22, TUES. 6/23, THURS. 6/25

VACATION WEEK : JUNE 27 - JULY 5

WEEK #4: MON. 7/6, TUES. 7/7, THURS. 7/9, (FRI. 7/10 FOR 9-12TH ONLY)

WEEK #5: MON. 7/13, TUES. 7/14, THURS. 7/16, (FRI. 7/17 FOR 9-12TH ONLY)

WEEK #6: MON. 7/20, TUES. 7/21, THURS. 7/23, (FRI. 7/24 FOR 9-12TH ONLY)

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

WEEK #7: MON. 7/27, TUES. 7/28, THURS. 7/30, FRI. 7/31

WEEK #8: 9-12 GRADE SUMMER PRIDE COMBINE IS MON. 8/3 & TUES. 8/4