

# NORMAN NORTH FOOTBALL CAMP 2016

'03,'06,'07,'08,'11,'12,'13,'15  
Play-Off Qualifiers

2007,2012,2013  
District Champions

2012  
State Runner-Up

## T-WOLVES



### TRAINING COURSE

**GRADES: 4TH — 12TH (2016-2017)**

**LOCATION: NORMAN NORTH FOOTBALL FACILITY**

**T-WOLVES TRAINING COURSE** is an intense training program offered to athletes entering the 4th through 12th grades. The course meets Monday, Tuesday, Thursday and Friday of each week at the Norman North High School Football Facility. Athletes should wear workout clothes and running shoes.

**T-WOLVES TRAINING COURSE** athletes will receive:

- T-WOLVES TRAINING COURSE 2016 T-Shirt
- Safe, professional instruction
- Strength and flexibility training
- Speed and agility training

**T-WOLVES TRAINING COURSE** is designed to teach our athletes total effort and full speed. Workouts consist of weight-training and speed development. By completing the course, our athletes will gain confidence and a competitive advantage over their opponents by increasing speed, quickness, power and improving body coordination.

- **Varsity Session (10th-12th Grades)**  
June 13 — August 5 from 7:30-9:30AM  
Cost: \$175
- **JR. / Youth Elite Session (4th-9th Grades)**  
June 13 — July 29 from 9:45-11:00AM  
Cost: \$200 (Includes RTP Camp)

**\*DAYS OFF:  
JUNE 17,24  
JULY 1-10**



### FOOTBALL CAMP 2016

**GRADES: 1ST — 9TH (2016-2017)**

**LOCATION: NORMAN NORTH FOOTBALL FACILITY**

**RAISING THE PACK FOOTBALL CAMP** is designed to enhance individual position skills while developing unity in a team environment. This year, the three-day camps will be split in two sessions. The JR. Elite Session (7th-9th) will be June 13,14,16 from 9:45AM-11:00AM and the Youth Elite Session (1st-6th) will be June 20,21,23 from 9:45AM-11:00AM

The **RAISING THE PACK** Youth Elite and 7th & 8th grade JR Elite sessions will be conducted without pads and there will be no contact. Athletes should wear a t-shirt, shorts and cleats. No other equipment is necessary.

The **RAISING THE PACK** 9th grade JR. Elite session will have limited contact — no contact below the waist or to-the-ground tackling. The safety of the athlete will be the number one priority. Athletes should wear a jersey, shorts and cleats. The following equipment is also required: helmet, mouth piece and shoulder pads.

All athletes will receive a **RAISING THE PACK FOOTBALL CAMP 2016** T-shirt.

- **JR. Elite Session (7th-9th Grades)**  
June 13,14,16 from 9:45AM-11:00AM
- **Youth Elite Session (1st-6th Grades)**  
June 20,21,23 from 9:45AM-11:00AM  
Cost: \$50 (If not attending TTC)

# NORMAN NORTH FOOTBALL SUMMER CAMPS APPLICATION FORM

ATHLETE'S NAME:		PHONE:	
STREET ADDRESS:		CITY & STATE:	ZIP:
HEIGHT:	WEIGHT:	GRADE ENTERING (2016-2017):	
PARENTS NAME			EMERGENCY #
EMAIL:			

10TH/11TH/12TH GRADE TTC \$175

7TH/8TH/9TH GRADE TTC\$175
 RAISING THE PACK CAMP \$50

BOTH CAMPS \$200 (\$25 DISCOUNT)

1ST-6TH GRADE TTC \$175
 RAISING THE PACK CAMP \$50

BOTH CAMPS \$200 (\$25 DISCOUNT)

T Shirt Size (Please circle one)

Adult Size:

S      M      L

XL      XXL

***TTC CAMP WILL  
NOT MEET  
JUNE 17,24  
JULY 1 - 10***

T Shirt Size (Please circle one)

Youth Size:

YS      YM      YL

**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 T-WOLVES TRAINING CAMP staff to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the T-WOLVES TRAINING CAMP and Norman Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

Name of Parent/Guardian (PRINT): \_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please make checks out to Norman North Football Camps and send registration to:**  
 Norman North Football Camps Attention: Coach Barnes  
 1809 Stubbeman  
 Norman, Ok 73069