

# NORMAN NORTH FOOTBALL

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

2007,2012,2013  
District Champions

2012  
State Runner-Up

## T-WOLVES



### TRAINING COURSE

**GRADES: 4TH — 12TH (2015-2016)**

**LOCATION: NORMAN NORTH FOOTBALL FACILITY**

**T-WOLVES TRAINING COURSE** is an intense training program offered to athletes entering the 4<sup>th</sup> through 12<sup>th</sup> 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 2015 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 15 — August 7 from 7:30-9:30AM  
Cost: \$175
- **JR. / Youth Elite Session (4th-9th Grades)**  
June 15 — July 31 from 9:30-10:45AM  
Cost: \$200 (Includes RTP Camp)

**\*DAYS OFF:  
JUNE 19,26  
JULY 2-12**



### FOOTBALL CAMP 2015

**GRADES: 4TH — 9TH (2015-2016)**  
**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 (7<sup>th</sup>-9<sup>th</sup>) will be June 15,16,18 from 9:30AM-11:00AM and the Youth Elite Session (4<sup>th</sup>-6<sup>th</sup>) will be June 22,23,25 from 9:30AM-11:00AM

The **RAISING THE PACK** Youth Elite and 7<sup>th</sup> & 8<sup>th</sup> 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** 9<sup>th</sup> 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 2015** T-shirt.

- **JR. Elite Session (7th-9th Grades)**  
June 15,16,18 from 9:30AM-11:00AM
- **Youth Elite Session (4th-6th Grades)**  
June 22,23,25 from 9:30AM-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 (2015-2016):	
PARENTS NAME		EMERGENCY #	
EMAIL:			

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

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

DISCOUNT FOR BOTH CAMPS \$200

4TH/5TH/6TH GRADE TTC \$175
 RAISING THE PACK CAMP \$50

DISCOUNT FOR BOTH CAMPS \$200

T Shirt Size (Please circle one)

Adult Size:

S      M      L

XL    XXL

**TTC CAMP WILL  
NOT MEET  
JUNE 19,26  
JULY 2 - 12**

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