

# 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 29th - July 7th off for vacation. The Varsity/Freshmen session runs for 6 weeks. The Middle School (6-8th Grade) Session runs for 5 weeks.

Varsity T-Wolves Pride cost is \$225.00 (10th-12th Grades for fall 2024)

Times: 7:00am - 9:00am - June = 4 Days/week M, Tu, Th, Fri.

Freshmen T-Wolves Pride cost is \$225.00 (9th Grades for fall 2024)

Times: 7:00am - 9:00am - June = 4 days/week M, Tu, Thu., Fri.

Middle School T-Wolves Pride cost \$175 (6th - 8th Grades for fall 2024):

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 10th**

*For exact dates, check the online summer calendar.*



**FOR MORE INFORMATION,  
CONTACT COACH JONES**  
Email: [justinj@normanps.org](mailto:justinj@normanps.org)  
Cell: 405-313-9011  
**OR CHECK OUR WEBSITE:**  
[www.nnfbc.com](http://www.nnfbc.com)

## FOOTBALL CAMPS

Middle School Padded Football Team Camp Cost \$50

Who: Incoming 7th and 8th Grades for Fall of 2024

When: Wednesday, July 10 and Thursday, July 11th 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 Night of Champions Youth Camp

Who: Incoming 1st - 6th Grades for the Fall of 2024

When: Monday JULY 15th (6:00pm-9:00pm)

Where: Norman North Football Complex

Cost: \$30

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 Camp Photo, and T-shirt.

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

Campers will need Shorts, T-shirt, Tennis Shoes and Cleats(optional)



**TRAIN LIKE A CHAMPION!**

**T-WOLVES FOOTBALL SUMMER '24**

**#SUMMITTHECREST**



# ATHLETE REGISTRATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_ GRADE FALL '24: \_\_\_\_\_

9-12th Grade T-Wolves Pride: \$225  Middle School Padded Camp: \$50

Middle School T-Wolves Pride \$175  Day of Champions Camp: \$30

T-SHIRT SIZE: (CIRCLE ONE)

YM YL S M L XL 2XL 3XL

TOTAL ENCLOSED: \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: NNFBC**

**SCAN TO PAY WITH VENMO**



RETURN THIS FORM TO:

COACH JUSTIN JONES  
Norman North Football Camps  
c/o Justin Jones  
1809 Stubbeman  
Norman, OK 73069

## 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, \_\_\_\_\_,  
(Prnt 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 physican 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 duting my child's participation in this program/camp.

Furthermore, I authorize the staff of the T-Wolves Summer Pride to act for me accoring 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. 6/10, Tues. 6/11 Thurs. 6/13, Fri. 6/14

Week #2: Mon. 6/17, Tues. 6/18, Thurs. 6/20, Fri. 6/21

Week #3: Mon. 6/24, Tues. 6/25, Thurs. 6/27, Fri. 6/28

**VACATION WEEK : JUNE 29-JULY 7**

Week #4: Mon. 7/8, Tues. 7/9, Thurs. 7/11, Fri. 7/12

Week #5: Mon. 7/15, Tues. 7/16, Thurs. 7/18, Fri. 7/19

**(LAST DAY OF TRANING FOR MIDDLE SCHOOL IS THURSDAY, JULY 18)**

Week #6: Mon. 7/22, Tues. 7/23, Thurs. 7/25, Fri. 7/26

**COMBINE DAYS 7/29 & 7/30: TIME WILL BE 7:00am - 9:30am for all 9-12 graders**