

# **2010 Spring and Summer Important Dates**

## **Incoming Freshman**

### **Spring Off-Season Lifting for Incoming Freshman**

**Who:** All current 8<sup>th</sup> grade boys interested in playing football at Norman North next year.

**What:** We will be lifting weights and doing light conditioning to prepare for next season.

**When:** All lifting sessions will be held on Mondays, Tuesdays, and Thursdays from 4-5 P.M. (*Please have a ride to pick up ALL kids lifting by 5:15. The coaches have to leave to pick our kids up from day care by 5:15.*)

**Where:** All sessions will be held at the Norman North Football Weight Room/ Practice fields.

**How:** There will be no charge for participation. However, lifters will be asked to buy a spirit pack, (\$20), to wear while lifting. If financial help is needed, ask Coach Manning for details. Please make arrangements to purchase your spirit pack A.S.A.P.

**Why:** It is extremely important for young men to dedicate themselves to the program for the team to have on field success.

#### **Specific Lifting Dates:**

February: 16<sup>th</sup>, 18<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 25<sup>th</sup>

March: 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>

April: 1<sup>st</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 29<sup>th</sup>

May: 3<sup>rd</sup>, 4<sup>th</sup>, 6<sup>th</sup> TWIDS DISCOUNT DAY PARENTS WELCOME May 10<sup>th</sup> Equipment checkout Begins

## **May 17<sup>th</sup> – 28<sup>th</sup> Spring Football Begins!**

### **Incoming Freshman Spring Football (May 17<sup>th</sup> – 28<sup>th</sup>)**

4:30 – 5:30 Monday through Friday at Norman North

All High school and Incoming Freshman interested in playing football at North next year. (Freshman, helmets only, no contact)

### **2<sup>nd</sup> Annual Freshman Pad Camp (TBA/ Should be similar dates to Varsity)**

Site and Times are TBA. However, the camp is tentatively planned when school is out in May.

## **Spring and Summer Camp Dates Continued**

### **Spring Football                      May 17-28<sup>th</sup>**

3:15 to 5:15 Monday – Friday

### **Pad Camp 10<sup>th</sup>-12<sup>th</sup> grade**

June 2, 3, 4<sup>th</sup>

8am to 12 noon

### **Summer Pride (June 21<sup>st</sup> – July 29<sup>th</sup>) Mondays - Thursdays**

Camps will be in the morning and will vary based on age.

Grades: 9 – 12    7:00 – 8:15 A.M.

Grades: 6 – 8     8:30 – 9:45 A.M.

*For all High school, Incoming Freshman and Middle School kids interested in playing football next year.*

### **7 on 7 Passing Camp (select 10-12 graders)**

July 9:00 A.M. – finish/ TBA

## **MAY                      PARENT MEETING**

*LOCATION: NORMAN NORTH COMMONS*

*TIME AND DATE: TBA*

***MAY 6<sup>th</sup> --- TWIDS –On Site for Ordering Equipment/Apparel.***

***2:30 pm to 5:00 pm: A TWIDS representative will be at Norman North fieldhouse to assist with ordering and any questions. Football players may place their orders and receive a DISCOUNT. Parents are welcome to come as well.***