



### Timberwolves 2010 Schedule

All games start at 7:30 P.M.

\* Game times TBA

### PRIDE OBJECTIVES:

The *Timberwolves Summer Pride* program is a high intensity summer conditioning program sponsored by Norman North High School. It is designed to increase your speed, strength, power, agility, and flexibility. **THIS IS A WORKING PROGRAM. THERE IS NO WAY TO GET QUICKER, STRONGER, ETC. WITHOUT HARD WORK. PLAN ON IT, EXPECT IT, AND DO NOT SETTLE FOR ANYTHING LESS.**



## Timberwolves Football

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Norman North Football  
Attn: Lance Manning  
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Norman, OK 73069

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## Timberwolves Football



### *Timberwolves Summer Pride*

*For Students entering  
6th-12th grades 2010-  
2011 school year*

***Dates and Times***  
*June 21-July 29th*  
*9-12 grade*  
*7:00-8:15 AM*

*June 21—July 22nd*  
*6-8 grade*  
*8:30-9:30 AM*

### ***Timberwolves Football***

**366-5954 ext 8224**

# Timberwolves

## Summer Pride

### Why should I take part?

-In SUMMER PRIDE, all participants are supervised and instructed by coaches who are interested in improving each individual

-SUMMER PRIDE is like a bank in that "the more you put in, the more you can take out."

-Whatever your goals or current levels are remember this: YOU CAN IMPROVE.

- Participants get a chance to work under high school coaches at an informal level.

### Location:

SUMMER PRIDE is held at Norman North Field House, Practice Fields, and Gym.

### Who is Eligible:

All students entering the 6th-12th grades for 2010-2011 school year.

### Date & Time:

H.S. ages 7-8:15 AM (June 21-July29)

M.S. ages 8:30-9:30 AM. (June 21 - July 23)

### Tuition and Payment:

The fee for each camp participant is \$150.

### What to Bring:

Each Participant will need shorts, tennis shoes, comfortable clothes (spirit packs for 9-12) for a lot of activity- socks, cleated shoes ( if possible) for running. Spirit Packs are \$20. Make checks payable to Norman North Booster Club.

### Daily Schedule (Tentative)

**SUMMER PRIDE is 4 days a week for both age groups. Summer Pride workouts are Monday through Thursday. Both sessions will be in the weight room for 2 days each week and the other 2 days will be spent outside on the practice fields or track. If there is inclement weather we will go inside to the gym.**



### Timberwolves Summer Pride

: H.S. M.S.

Full Tuition - \$150 due 6/21/2010

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment	Shirt Size		
	Youth sizes—	S	M
<input type="checkbox"/> Check - Check #	L XL		
<input type="checkbox"/> Cash	L XL XXL	S	M

Signature \_\_\_\_\_

### Parental Consent

I certify that my son 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 son's participation in this football camp. Furthermore, I authorize the staff of Timberwolves Football camp to act for me in according to their best judgment in an emergency requiring medical attention. I hereby release the Timberwolves football camp and Norman Public schools from any civil or monetary damages due to injury at Timberwolves football camp.

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