



**Grades: 7 - 9**  
(2021-2022 school year)

**LOCATION:**  
(1) Union Tuttle Stadium  
(2) Owasso High School  
**EQUIPMENT:** Helmet, mouth piece, shoulder pads, jersey, shorts and cleats.  
**COST:** \$50

**CAMP DESCRIPTION:** The 2021 Building Champions Football Camp is a limited contact pad camp. The goal of the camp is to improve individual position skills while developing unity in a team environment. There will be no contact below the waist and no "to the ground" tackling during the camp. The safety of the athlete will be the number one priority. Questions? Contact: (918-357-7410)

**JR ELITE SESSION:**  
**7<sup>TH</sup> – 9<sup>TH</sup> GRADES (\$50)**  
  
**May 26 – May 28**  
**9:00 AM – 12:00 PM**  
**(we will bus at 8:30AM to Owasso for Day 2-3)**

**INDIVIDUAL POSITION LESSONS and SKILL TRAINING**  
**--YOUTH GRADES--**  
(CONTACT US FOR INFORMATION) (918-357-7410)

- Quarterbacks
- Running backs
- Receivers
- Defensive Back
- Linebackers
- Defensive Line
- Offensive Line



## STRENGTH & CONDITIONING TRAINING



**Grades: 3 - 9** (2021-2022 school year)  
**HIGH SCHOOL SESSIONS AVAILABLE ON ANOTHER FORM – CONTACT COACH**

**LOCATION:** Union Tuttle Stadium, Union HS  
**EQUIPMENT:** workout clothes, shoes.  
**CHAMPIONS COUNTRY CLUB** is an intense Strength and Conditioning training program offered to athletes entering the 3<sup>rd</sup>-12<sup>th</sup> grades.  
**CHAMPIONS COUNTRY CLUB** is based on experienced coaching and enhanced by new equipment and techniques to develop our future athletes.

**--Strength, Flexibility, Speed, and Agility training--**  
**4 days a week (M, T, W, Th)**

CCC will not meet on June 29<sup>th</sup> – July 3<sup>rd</sup> (4<sup>th</sup> of July)

**CHAMPIONS COUNTRY CLUB** athletes should wear workout clothes and tennis shoes and have a desire to work hard and improve while learning in a fun environment.

**CHAMPIONS COUNTRY CLUB** is offered for other grades as well, see below for each grade level.

**JR ELITE SESSION:**  
**7<sup>th</sup> – 9<sup>th</sup> GRADES (\$150)**  
**JUNE 7 – JULY 29**  
9:00 AM – 10:45 AM (M, T, W, Th)

**VARSITY SESSION:**  
**10<sup>th</sup> – 12<sup>th</sup> GRADE (\$150)**  
**JUNE 7 – JULY 29**  
7:00AM – 9:00AM (M,T,W,Th,)

**YOUTH ELITE SESSION:**  
**3<sup>rd</sup> – 6<sup>th</sup> GRADES (\$75)**  
**JULY 5 – JULY 22**  
10:45 AM – 12:00 PM (M,T,W,Th)

# UNION FOOTBALL SUMMER CAMPS APPLICATION FORM

Athlete's Name \_\_\_\_\_ Phone # \_\_\_\_\_ Grade (2021-2022) \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Emergency # \_\_\_\_\_

Email \_\_\_\_\_

**Camper's T-Shirt Size (circle one)**

**Adult size:**  
S M L XL XXL

**Youth size:**  
YS YM YL

**ONLINE SIGN UP**  
<https://bit.ly/3rFcAFR>



**Check camps you are attending:**

- 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> Grade CHAMPIONS COUNTRY CLUB \$150
- 7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> Grade PAD CAMP "Building Champions" \$50

- 10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Grade CHAMPIONS COUNTRY CLUB \$150
- 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Grade CHAMPIONS COUNTRY CLUB \$75

**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 UNION FOOTBALL SUMMER CAMPS 2021 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION FOOTBALL SUMMER CAMPS 2021 and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

\_\_\_\_\_  
Parent/Guardian (PRINT) Parent or Guardian's Signature Date

**Make all checks payable to: Union Public Schools      Please send payment and registration to:**  
**Questions? Call: 918-357-7410      Union Athletics / 6836 S. Mingo/ Tulsa, OK 74133**

Union FB Summer Camps Calendar		MON	TUE	WED	THU	FRI	
		MAY 24	MAY 25	MAY 26	MAY 27	MAY 28	
		-----Team Camp 7-9 grade-----					
		MAY 31	JUNE 1	JUNE 2	JUNE 3	JUNE 4	
		VACATION	VACATION	VACATION	VACATION	VACATION	
		JUNE 7	JUNE 8	JUNE 9	JUNE 10	JUNE 11	
		CCC begins Gr 7-12	CCC	CCC	CCC	CCC	
		JUNE 14	JUNE 15	JUNE 16	JUNE 17	JUNE 18	
		CCC	CCC	CCC	CCC	CCC	
		JUNE 21	JUNE 22	JUNE 23	JUNE 24	JUNE 25	
		CCC	CCC	CCC	CCC	CCC	
		JUNE 28	JUNE 29	JUNE 30	JULY 1	JULY 2	
		VACATION	VACATION	VACATION	VACATION	VACATION	
		JULY 5	JULY 6	JULY 7	JULY 8	JULY 9	
		CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	
		JULY 12	JULY 13	JULY 14	JULY 15	JULY 16	
		CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	
		JULY 19	JULY 20	JULY 21	JULY 22	JULY 23	
		CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	CCC Youth CCC	
		JULY 26	JULY 27	JULY 28	JULY 29	JULY 30	
		CCC	CCC	CCC	CCC	CCC	
		UVFA Combine					