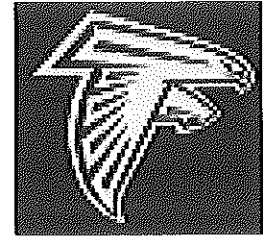




Community Education
2017 HENRY FORD II 2ND Annual
“FALCON WARRIORS”
STRENGTH & FITNESS CAMP



Camp Goals: Meet the experienced and proven NEW HFII Football STRENGTH staff. Our mission is to provide intense strength and fitness instruction to our athletes to help improve strength, agility, footwork, and endurance that would be helpful for their upcoming sport seasons. The HFII STRENGTH team's focus is INJURY PREVENTION training to help reduce future sports related injuries such as CONCUSSIONS. This camp is for all BOYS and GIRLS. You will be training in a brand new weight room and one of the biggest sand pits in Michigan.

COST: \$110
 All Summer Training: M,TU,TH June 19th - August 3rd
!!!AT THE NEWLY UPDATED HFII WEIGHT ROOM!!!
 For all Fall 2017 BOYS and GIRLS Grades 7-12

FOOTBALL SESSIONS

VARSITY FOOTBALL #6400-S17A
M,TU,TH: 8-9:30am

JV FOOTBALL #6400-S17B
M,TU,TH: 9-10:30am

7/8TH GRADE & FRESHMEN #6400-S17C
M,TU,TH: 10-11:30am

ALL OTHER ATHLETE SESSIONS

ANY OTHER SPORT SESSION 1 #6400-S17D
M,TU,TH: 12:30-1:30pm

ANY OTHER SPORT SESSION 2 #6400-S17E
M,TU,TH: 1:45-2:45pm

ANY OTHER SPORT SESSION 3 #6400-S17F
M,TU,TH: 3-4pm

CHEER #6400-S17G
M,TU,TH: 4:15-5:15pm

To register by phone with a Visa, Master Card, Discover or American Express, please call UCS, Community Education (586)797-6900 OR mail the completed application below with your check to Utica Community Schools, Community Education, 38901 Dodge Park Rd., Sterling Hts., MI 48312. To register online, visit www.ucsccommunityeducation.com. **No refunds.**

2017 Ford High School FALCON WARRIORS 2nd Annual Strength/Fitness Camp
!!!Please mark the correct session below!!!

6400-S17A 6400-S17B 6400-S17C
 6400-S17D 6400-S17E 6400-S17F 6400-S17G

Name _____ Age _____

Address _____ City _____ Zip _____

Home Phone _____ Work/Cell Phone _____

School Attending in Sept. _____ Grade 2017 _____

E-mail address _____ Cash _____ Check # _____

Visa/MC/Discover/AMEX # _____ Exp. Date _____

Cardholder's Name _____

Cardholder's Address _____