

BUILDING CHAMPIONS



Grades: 7 - 9

(2022-2023 school year)

LOCATION:

Union Tuttle Stadium

EQUIPMENT: Helmet, mouth piece, shoulder pads, jersey, shorts and cleats.

COST: \$50

CAMP DESCRIPTION:

The 2022 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: 7TH – 9TH GRADES (\$50)

May 24 – May 26
(day 1 6-8PM)
(day 2/3 9:00 AM – 12:00 PM)

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

REDHAWK COUNTRY CLUB



Grades: 3 - 9 (2022-2023 school year)

HIGH SCHOOL SESSIONS AVAILABLE ON ANOTHER FORM – CONTACT COACH

LOCATION: Union Tuttle Stadium, Union HS

EQUIPMENT: workout clothes, shoes.

REDHAWK COUNTRY CLUB is an intense Strength and Conditioning training program offered to athletes entering the 3rd-12th grades.

REDHAWK 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)

RCC will not meet on July 4th – July 8th (4th of July)

REDHAWK 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.

REDHAWK COUNTRY CLUB is offered for other grades as well, see the below session for each grade level.

JR ELITE SESSION:
7th – 9th GRADES (\$150)
JUNE 6 – JULY 28
9:00 AM – 10:45 AM (M, T, W, Th)

VARSITY SESSION:
10th – 12th GRADE (\$150)
JUNE 6 – JULY 28
7:00AM – 9:00AM (M,T,W,Th,)

YOUTH ELITE SESSION:
3rd – 6th GRADES (\$75)
JULY 11 – JULY 28
10:45 AM – 12:00 PM (M,T,W,Th)

UNION FOOTBALL SUMMER CAMPS APPLICATION FORM

Athlete's Name _____ Phone # _____ Grade (2022-2023) _____

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

shorturl.at/zHLO7



Check camps you are attending:

☐ 7th/8th/9th Grade REDHAWK COUNTRY CLUB \$150

☐ 7th/8th/9th Grade PAD CAMP "Building Champions" \$50

☐ 10th/11th/12th Grade REDHAWK COUNTRY CLUB \$150

☐ 3rd/4th/5th/6th Grade REDHAWK 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 2022 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION FOOTBALL SUMMER CAMPS 2022 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 VACATION	JUNE 1 VACATION	JUNE 2 VACATION	JUNE 3 VACATION	JUNE 4 VACATION	
JUNE 7 CCC begins Gr 7-12	JUNE 8 CCC	JUNE 9 CCC	JUNE 10 CCC	JUNE 11	
JUNE 14 CCC	JUNE 15 CCC	JUNE 16 CCC	JUNE 17 CCC	JUNE 18	
JUNE 21 CCC	JUNE 22 CCC	JUNE 23 CCC	JUNE 24 CCC	JUNE 25	
JUNE 28 VACATION	JUNE 29 VACATION	JUNE 30 VACATION	JULY 1 VACATION	JULY 2 VACATION	
JULY 5 CCC Youth CCC	JULY 6 CCC Youth CCC	JULY 7 CCC Youth CCC	JULY 8 CCC Youth CCC	JULY 9	
JULY 12 CCC Youth CCC	JULY 13 CCC Youth CCC	JULY 14 CCC Youth CCC	JULY 15 CCC Youth CCC	JULY 16	
JULY 19 CCC Youth CCC	JULY 20 CCC Youth CCC	JULY 21 CCC Youth CCC	JULY 22 CCC Youth CCC	JULY 23	
JULY 26 CCC	JULY 27 CCC	JULY 28 CCC	JULY 29 CCC	JULY 30	