

Union S&C Olympic Sports Summer Pride 2022



Who:

- VB/WSC/MBB athletes

When:

- Mondays/Tuesdays/Thursdays
- June 6-30 (4 wks.) & July 11-28 (3 wks.)

Where:

- Union 8th Grade Center
6501 S. Garnett
Broken Arrow, Oklahoma 74012-8529

How Much:

- \$125 for 21 sessions (\$3.96/hr for training)
- *Payment is due in full before participation is allowed.*
- *Price of camp is fixed regardless of planned attendance or days missed.*

Includes

- 21 training sessions (you end up paying \$3.96/hr for training)
- Nike Dri-Fit Shirt with Union S&C Logo
- Player performance profile detailing athlete progression

Registration:

- <https://ok-union.intouchrecepting.com/>

Dress Required:

- Union/Neutral attire, your own personal water bottle/jug, tennis shoes with laces to tie (no slippers!)

Lead Strength & Conditioning Coach: Coach Clare is the Assistant Strength & Conditioning Coach for Union Public Schools since May 2016. A former Union Football Letterman on the 2008 6A State Champion Football squad here at Union, Coach Clare has both his Bachelors and Master's degree in Kinesiology (study of human movement). In addition, he holds the prestigious SCCC certification through the CSCCa as well as holding a USA-W Level 1 Sports Performance Coach certification. Coach Clare has been working with both high school and collegiate athletes in the strength and conditioning setting since August 2013.

Premise of Camp: Our Summer Pride program is based on experienced coaching and enhanced by new equipment and techniques. We will develop our future athletes through strength, speed, agility, and flexibility training. In addition, athletes will be exposed a team atmosphere in which competition is the driving force of most of what we do-from warm-up lines to team competition finishers to each day WE WILL COMPETE at a high level in everything that we do!

Support Staff: Coach Clare and various sport coaches.

For any questions regarding the camp, please contact Gavyn Clare via (918)-357-7163 or email clare.gavyn@unionps.org

Athletes Name: _____ '22-23 Grade: _____ Phone: _____

Circle Session that your athlete will be attending:

7:30-9:00am-Volleyball

9:00-10:30am-Girls Soccer

10:30am-12:00pm-Boys Basketball

Email address: _____

Shirt Size: XS S M L XL XXL

Parent/Guardian Name: _____

Emergency Contact Phone #: _____

Parental/Guardian 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 and will use 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 Summer Pride to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the Union Summer Pride Staff and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

Parent/Guardian Name: _____

Date: _____

Parent/Guardian Signature: _____