



BOULDER CREEK FOOTBALL



Incoming Frosh and Youth 2010 Camps

<p align="center">Summer Weight Training and Conditioning</p> <ul style="list-style-type: none"> * Incoming 8th & 9th graders * To increase strength, speed & power * Joint stability, core work, plyo's, athletic movement & lifting technique * June 1st – August 6th (Mon, Tues, Thur, Fri) * 10:30am – 12:00pm * \$160.00 (shirt included) 	<p align="center">Spring Camp</p> <ul style="list-style-type: none"> * Incoming 8th & 9th graders * Individual position work * June 1st, 2nd & 3rd * 5:30pm – 7:20pm * This is a great opportunity to get a head start on the season, work with the coaches and begin to learn the BC O & D systems * \$50.00
<p align="center">Youth Training</p> <ul style="list-style-type: none"> * Incoming 5th 6th & 7th graders * Introductory class * Joint stability, core work, plyo's, athletic movement * June 1st – July 29th (Mon, Tues, Thur,) * 3:45pm – 4:45pm * \$100.00 (shirt included) 	<p align="center">Summer Camp</p> <ul style="list-style-type: none"> * Incoming 4th thru incoming 9th graders * Technique work for positions (qb's, rb's, wr's, o-line, d-line, lb's and db's) * Joint stability, core work, plyo's, athletic movement & lifting technique * July 26th – July 29th (Mon, Tues, Wed, Thur) * 7:30am – 9:30am * \$80.00 (camp shirt included)

PLEASE CALL COACH FRIEDMAN WITH ANY QUESTIONS @ 602-710-0889

Detach and return bottom of form and payment to:

(Checks payable to Boulder Creek High School)

Coach Dan Friedman

Or

Mail to

Boulder Creek Community Schools

Jaguar Football Camps

40404 N Gavilan Peak Parkway

Anthem, Az. 85086

Name _____ Age _____ Grade level in Aug. 2010 _____

Home Address _____

City _____ Zip _____ Home Phone _____

Parents Name(s) _____

Parents Work Numbers _____

E-Mail _____

Emergency Contact other than Parents: Name _____

Phone _____

Parent or Guardian's Signature: _____

Spring Camp \$50.00 _____ Due by May 28th

Summer Weights \$160.00 _____ Due by May 28th

Youth Workouts \$100.00 _____ Due by May 28th

Summer Camp \$80.00 _____ Due by July 23rd

Total _____

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or activities. Any inquires regarding nondiscrimination polices may contact Legal Services 623-445-5000.