

VIKING SPEED AND FITNESS FOOTBALL CAMP

The Viking Football Staff would like to invite you to attend our Speed and Fitness Football Camp. It will be open to all male students in the 5th – 8th grade. The camp will run from June 5th to July 20th. The camp will be closed the week of the 4th of July. The camp will focus on basic physical fitness, flexibility, and speed training. The camp will also incorporate some basic instruction in football techniques. The camp will run from 10:30 to noon. A calendar of the days the camp will be open is on the back of this sheet.

Cost: \$50 a student. You can make checks payable to the OC Athletic Council.

For any further information please call: Coach David – 918-490-3565

Student Name : _____ **Grade:** _____

Parent Name: _____ **Cell#:** _____

Parent Name: _____ **Cell#:** _____

Emergency Contact

Other than Parents: _____ **Cell#** _____