

JOSH HEUPEL'S
THE 14 FOUNDATION

PRESENTING

PIT CAMP
PERFORMANCE IMPROVEMENT TRAINING CAMP

**FOOTBALL
ACADEMICS
& SPORTS SKILLS**

JULY 3,5,6
(TUESDAY, THURSDAY, FRIDAY)

AGES 8-18
8AM - 3PM

CHECK IN: 7-7:45AM CHECK OUT: 3:00PM
REGISTRATION IS FREE!
OPEN TO TULSA REGION

HOSTED BY SAND SPRINGS PUBLIC SCHOOLS
MEMORIAL FOOTBALL STADIUM
600 North Adams Road | Sand Springs, Oklahoma

CONTACT INFORMATION
Coach Kinard: (918) 289-5073

CAMP FEATURES:

LUNCH & DRINKS
CAMP T-SHIRT
PHOTOS & AUTOGRAPHS
CAMP INSTRUCTION
FROM CURRENT AND FORMER
NFL/COLLEGE COACHES AND PLAYERS

CAMP INFORMATION:

The **DAY OF CHAMPIONS FOOTBALL, ACADEMICS & SPORTS SKILLS CAMP** experience is beyond just athletic skill enhancement, it provides one-on-one mentoring and coaching in athletics, health, fitness, life choices and the four principles of leadership.

FOOTBALL SKILLS (BOYS):

Football skills instruction includes position-specific drills, strength & conditioning, nutritional instruction, and individual competitions.

SPORTS SKILLS (GIRLS):

Sports skills instruction includes hand-eye coordination, speed and agility training, strength & conditioning, nutritional instruction, and individual testing these concepts.

Each group is taught and supervised by **DAY OF CHAMPIONS** football staff, made up of some of the top Division I-II-III & NAIA collegiate coaches in the country, along with past OU football players, and past & current NFL players. Players from experienced athletes to youth just learning the game will enhance their skills, learning basic fundamentals geared to their age and skill level.

Athletes should come wearing t-shirt, athletic shorts, socks, and tennis shoes and be ready to work out. Sunscreen is recommended.

DAY OF CHAMPIONS PIT CAMP
is devoted to helping people of all ages
believe in themselves and live a
healthy and active lifestyle.

REGISTRATION:

Camp Participant Name

Parent / Guardian Name

Address

City

State

Zip

Phone Number

Cell Work Home (circle one)

Parent / Guardian Email Address

Camp Participant Date of Birth

Age

School To Attend Fall of 2018

Grade Fall of 2018

Offensive Position(s)

Defensive Position(s)

Shirt Size

S

M

L

XL

Child or Adult (circle one)

WAIVER:

In consideration for participation in this program, camp and/or workout program, I, for myself, my minor child(ren) and our respective heirs, executors, administrators, representatives, agents and assignees, do hereby forever release and discharge any and all claims, actions, demands, suits and any other rights to recovery, known or unknown for any and all damages, loss or injury that may occur, whether to person or property, as a result of any act or omission, including default or negligence, of DAY OF CHAMPIONS and any and all participating sponsors, their members, officers, agents, representatives or employees. I attest and verify that I have full knowledge of the risk involved with this camp and workout program. Furthermore, I hereby release any and all rights to any photographic material DAY OF CHAMPIONS may wish to release for its event, without obligation whatsoever to me.

Parent / Guardian Signature

Date

REGISTRATION DUE JUNE 21, 2018

Mail, Email or Fax Completed Application to:

Pam Frunk
11 West Broadway
Sand Springs, OK 74063

Work Phone: 918-246-1417

~~FAX: 918-246-1402~~

Email: pam.frunk@sandites.org

Mark Application - Attn. Pam

You may also bring application to the camp on the first day if you miss the deadline.

Fax: 918-246-1401