



# DEER CREEK FOOTBALL

## ALL IN

### ANTLERS TRAINING COURSE 2018

**GRADES: 4TH — 12TH (2018-2019 SCHOOL YEAR)**  
**LOCATION: DEER CREEK FOOTBALL FACILITY**

**ANTLERS TRAINING COURSE** is offered to athletes entering the 4th through 12th grades. The course meets Monday, Tuesday, Thursday and Friday of each week at Deer Creek High School Football Facility. Athletes should wear workout clothes, running shoes and cleats.

**ANTLERS TRAINING COURSE** athletes will receive:

- Safe, professional instruction
- Strength and flexibility training
- Speed and agility training

**ANTLERS TRAINING COURSE** is designed to teach our athletes total effort and full speed. Workouts consist of weight-training and speed development. By completing the course, our athletes will gain confidence and a competitive advantage over their opponents by increasing speed, quickness, power and improving body coordination.

**Varsity Session (10th-12th Grades)**

June 11 — July 27 from 7:30-9:30AM

Cost: \$200

**JR. / Youth Elite Session (4th-9th Grades)**

June 11 — July 27 from 9:45-11:00AM

Cost \$250 (Includes Camp of Champions)

**ATC Will Not Meet July 2nd thru 6th!**

### CAMP OF CHAMPIONS 2018

**GRADES: 1ST — 9TH (2018-2019 SCHOOL YEAR)**  
**LOCATION: DEER CREEK FOOTBALL FACILITY**

**CAMP OF CHAMPIONS** is designed to enhance individual position skills while developing unity in a team environment. The Youth Elite Session will be from June 20-22 and Jr Elite session will be June 27-29 from 9:45am-12:00pm.

**CAMP OF CHAMPIONS** Youth Elite 1st-6th grade session will be conducted without pads and there will be no contact.

Athletes should wear a t-shirt, shorts and cleats. No other equipment is necessary.

**CAMP OF CHAMPIONS** JR. Elite session for 7th,8th and 9th grades will have limited contact — no contact below the waist or to-the-ground tackling. The safety of the athlete will be the number one priority. Athletes should wear a jersey, shorts, cleats and have current physical. The following equipment is also required: helmet, mouth piece and shoulder pads. Which can be checked out from Deer Creek Schools.

**JR. Elite Session (7th-9th Grades)**

June 27-29 from 9:45AM-12:00PM

Cost: \$75 (If not attending ATC)

**Youth Elite Session (1st-6th Grades)**

June 20-22 from 9:45AM-12:00PM

Cost: \$75 (If not attending ATC)

## DEER CREEK FOOTBALL SUMMER CAMPS APPLICATION FORM

ATHLETE'S NAME:		PHONE:	
STREET ADDRESS:		CITY & STATE:	ZIP:
HEIGHT:	WEIGHT:	GRADE ENTERING (2018-2019):	
PARENTS NAME		EMERGENCY #	
EMAIL:			

10TH-12TH GRADE **ANTLERS TRAINING COURSE VARSITY SESSION \$200**

4TH-12TH GRADE **ANTLERS TRAINING COURSE JR/ YOUTH ELITE SESSION (\$250) (INCLUDES CAMP OF CHAMPIONS)**

1ST-9TH GRADE **ANTLERS FOOTBALL CAMP OF CHAMPIONS \$75 (IF NOT ATTENDING ATC)**

T Shirt Size (Please circle one)

Youth Size:

YS    YM    YL

T Shirt Size (Please circle one)

Adult Size:

S    M    L  
XL    XXL

### 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 ANTLERS TRAINING COURSES/CAMPS staff to act for me according to their best judgment in an emergency requiring medical attention. I hereby release ANTLERS TRAINING COURSES/CAMPS and Deer Creek public schools from all claims resulting from any injury my child may sustain while attending this camp.

Name of Parent/Guardian (PRINT): \_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please make checks out to Deer Creek Football and send registration to:**

Deer Creek Football Camps C/O Wade Standley  
20701 N. MacArthur Blvd  
Edmond, Ok 73012