



Bruin Summer Pride 2012



JUNE 11 through JULY 12
GRADES 10-12 at 8:30 a.m. or 6:00 p.m.
GRADES 8 and 9 at 9:15 am
GRADES 3 thru 7 at 9:45 am

During the summer of 2012, Bartlesville Football will have a Speed and Strength program called Summer Pride. Summer Pride will be for grades 3-12. We will begin on Monday, June 11 and finish on Thursday, July 12. Summer Pride will meet three days a week, **Monday, Wednesday and Thursday**, at the High School weight room. Summer Pride will be run by Head Coach John McKee and the varsity football coaching staff. The Bruin Summer Pride program is a high intensity summer conditioning program in preparation for the upcoming season. It is designed to increase your speed, strength, power, agility and flexibility. This is a working program. There is no way to get quicker, stronger, etc. without hard work. Plan on it, expect it, and do not settle for anything less. The cost of attending Summer Pride will be \$85 which includes a Camp T-Shirt. In addition to Summer Pride 8-9 will participate in a Summer Skills Camp July 11-13 @ 9am Custer Stadium, and the High School 10-12 will compete in a 7on7 Camp (TBA). The cost of each of these camps is \$25.

Please make checks payable to: Bartlesville Football.

Mail to: John McKee
Bartlesville High School
1700 Hillcrest Dr
Bartlesville, OK 74003

Any questions contact John McKee at: 918-949-0523

- \$85 High School Summer Pride (T-Shirt included)
- \$25 High School 7on7 Camp
- \$85 8-9 Summer Pride (T-Shirt included)
- \$25 8-9 Summer Skills Camp
- \$85 3-7 Summer Pride (T-Shirt included)

Amount enclosed: _____

Athletes Name: _____ Grade _____

Parent/Gardian Name: _____

Address: _____

Phone Number: _____

Email Address: _____

T-Shirt size- Adult- XXL XL L M S

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