



# 2018 Bruin Summer Pride



## Introducing 3 New Camps!

- Bruin Fast Twitch Explosion Camp*
- Bruin Fast Twitch Explosion Kids Camp*
- Bruin Fitness Camp*

### Bruin Fast Twitch Explosion Camp

Four Week Program

Bruin Fast Twitch Explosion Camp is designed for athletes who want to make gains in speed, strength, explosiveness, conditioning and agility. As Coach Blankenship promises, "nobody in the state will train like us," as we will combine the training styles and techniques from multiple disciplines including the US Military, MMA, Olympic Track & Field, Cross fit, Powerlifting, and many more. Athletes attending can expect to see big gains at the end of the month! Workouts will take place in the weight rooms, indoor facility, football field, and track.

### Bruin Fitness Camp

Four Week Program

Bruin Fitness Camp is designed for students who have an interest in getting fit and having fun in a less aggressive environment. This session is perfect for band members, trainers, and students who do not participate in competitive athletics. Those attending can expect to see big gains at the end of the month! Workouts will take place in the weight rooms, indoor facility, football field, and track and are structured to help participants trim down, gain strength, have some fun, and create a positive self image.

### Bruin Fast Twitch Explosion Kids Camp

Four Week Program

Bruin Fast Twitch Explosion Kids Camp is designed for young and aspiring future Bruin athletes who want to make gains in speed, strength, explosiveness, conditioning and agility. The camp is specifically designed to teach kids the value of training while incorporating new and fun techniques to peak interest.



*"Nobody in the state will train like the Bartlesville Bruins will."*  
-Coach Blankenship, Head Football Coach

### 8<sup>th</sup> & 9<sup>th</sup> Grade Summer Football Pad Camp

June 14<sup>th</sup> & 15<sup>th</sup>, 6-9PM

The Summer Middle School Football Pad Camp is a football specific camp for Bruin 8<sup>th</sup> & 9<sup>th</sup> Grade football players conducted by varsity, 9<sup>th</sup>, & 8<sup>th</sup> grade football coaches. Players will learn important football terminology, play concepts, drills, & skills that will help them find success in the fall. It is VERY IMPORTANT that 8<sup>th</sup> & 9<sup>th</sup> Graders who plan to play football attend!

### High School Summer Football Pad Camp

July 9<sup>th</sup> – 12<sup>th</sup>, 7PM

Mandatory camp for all High School Football players. More information provided in the Varsity Coaches Office.

#### Dates:

*Mon, Tues, Thurs, Fri.*

#### **Week 1:**

*June 4, 5, 7, 8*

#### **Week 2:**

*June 11, 12, 14, 15*

#### **Week 3:**

*June 18, 19, 21, 22*

#### **Week 4:**

*June 25, 26, 28, 29*

#### Times:

**7:00AM:** *Varsity Football Fast Twitch Explosion Camp*

**9:00AM:** *(9<sup>th</sup>-12<sup>th</sup> Grade) Boys Fast Twitch Explosion Camp*

**9:15AM:** *(6<sup>th</sup> – 8<sup>th</sup> Grade) Boys Fast Twitch Explosion Camp*

**9:15AM:** *(7<sup>th</sup>-12<sup>th</sup> Grade) Girls Fast Twitch Explosion Camp*

**9:30AM:** *(3<sup>rd</sup> – 5<sup>th</sup> Grade) Kids Fast Twitch Explosion Camp*

**9:45AM:** *(7<sup>th</sup> -12<sup>th</sup> Grade) Boys & Girls Bruin Fitness Camp*

#### Included in Camp Price

- Breakfast and Lunch provided daily before and after camp.
- Knowledgeable, high energy, and organized instruction and activity from a team of experienced coaches headlined by Head Strength Coach Daniel West & Head Football Coach Lee Blankenship.
- Bruin Pride T-Shirt.
- Confidence, positive body changes, & improved performance in your athletic venue.

# Camp Registration Form:

**Make Checks Payable to:**  
 "Bartlesville Football"

**Mail or drop off**  
**completed applications to:**

*Coach Lee Blankenship  
 Bartlesville High School  
 1700 Hillcrest Dr.  
 Bartlesville, OK 74003*

**Questions:**

*Coach Lee Blankenship  
 (918) 839-3456 – cell  
 blankenship@bps-ok.org  
 @CoachLeeBlank*

**Forms & Payment Due:**

*May 23 for guaranteed  
 shirt size.  
 Walk-Up Registration  
 accepted.*

**What to Wear:**

*Tennis Shoes, Shorts, T-  
 Shirt*

**What to Bring:**

*Water Bottle  
 Work Ethic*

\_\_\_\_\_

Camper Name

\_\_\_\_\_

Parent/Guardian Name

\_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_  
 (18-19 School Year)

\_\_\_\_\_

Home Address

T-Shirt Size (Circle one):

Ault    Small    Medium    Large    X-Large    2XL    3XL

Youth    Small    Medium    Large

Check the camp(s) that you will attend:

\$85 Varsity Football "Fast Twitch Explosion Camp"

\$85 9<sup>th</sup> - 12<sup>th</sup> Boys "Fast Twitch Explosion Camp"

\$85 6<sup>th</sup> - 8<sup>th</sup> Boys "Fast Twitch Explosion Camp"

\$85 7<sup>th</sup> - 12<sup>th</sup> Girls "Fast Twitch Explosion Camp"

\$85 3<sup>rd</sup> - 5<sup>th</sup> Kids "Fast Twitch Explosion Kids Camp"

\$85 Boys & Girls 7<sup>th</sup> - 12<sup>th</sup> "Fitness Camp"

\$25 8<sup>th</sup> & 9<sup>th</sup> Summer FB Pad Camp = \$25

\$25 High School Summer FB Pad Camp = \$25

Total \$ Enclosed: \$ \_\_\_\_\_

I, the undersigned, being the individual, spouse, or legally authorized and qualified guardian of the student named agree to hold Bartlesville Public Schools, it's Board of Trustees, administration, and/or faculty, harmless from all liability for any injuries which my son/daughter may receive while participating in any recreational activities or utilizing the Bartlesville School District facilities. I hereby authorize the athletic director, coach, and/or district employee to secure medical services for any family member if necessary, and I agree to pay either directly or through my own personal health and accident insurance policy all medical costs.

\_\_\_\_\_

Signature of Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_

Street Address of parent/legal guardian City/State Zip Code

\_\_\_\_\_

Phone \_\_\_\_\_

**REQUIRED EMERGENCY INFORMATION**

\_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

\_\_\_\_\_

Father's place of employment: \_\_\_\_\_ Ph. # \_\_\_\_\_

\_\_\_\_\_

Mother's place of employment: \_\_\_\_\_ Ph. # \_\_\_\_\_

\_\_\_\_\_

Family Physician: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

*List the name of a relative or contact person who can be reached if  
 unable to speak with parent/guardian:*

\_\_\_\_\_

Name: \_\_\_\_\_ Ph. #: \_\_\_\_\_