

# BLACKHAWK

SUMMER  
2018

# SUMMER PRIDE

## PRIDE II CAMPS

### PRIDE II ATHLETE CAMP:

*OPEN TO ALL STUDENT ATHLETES*

GRADES: **2<sup>nd</sup> – 6<sup>th</sup>** (2018-2019 school year)

COST: **\$50** \*checks made payable to Blackhawk Football\*  
(t-shirt included in cost)

LOCATION: Blackhawk Indoor Field & Weight Room

## HAWK FOOTBALL CAMP

*Champions are developed in the off-season*

GRADES: **2<sup>nd</sup> – 6<sup>th</sup>**  
(2018-2019 school year)

LOCATION:  
Blackhawk Stadium

**Attend both Pride II Athlete Camp and Hawk Football Camp - \$70**

This camp is designed for **ALL** Blackhawk students and athletes, both male & female. This is led & organized by the Pea Ridge Football Staff and is not limited to just one sport. Each of the 11 sessions will focus on learning the fundamentals of Modern Athletic Training including core body strength, explosive training techniques, and athletic movement training, and overall body control (e.g. change of direction, swinging, vertical jumping, linear & lateral explosions, etc.)

**Week 1:**

**July 9-12**

**Week 2:**

**July 16-19**

**Week 3:**

**July 23-25**

\*All sessions from 9:00-10:00 am

Wear loose t-shirt – athletic shorts – athletic shoes

### PRIDE II FAMILY CAMP:

*OPEN TO ALL PARENTS & SIBLINGS OF  
PRIDE II ATHLETE CAMP PARTICIPANTS*

COST: **\$25** covers entire family

LOCATION: Blackhawk Indoor Field & Weight Room

Open to all parents & siblings of Pride II Athlete Camp participants. BRAND NEW SUMMER PROGRAM! You are invited & encouraged to participate in the training sessions of your student athletes. These workouts will be scaled to the ability of each participant and will have coach(es) leading to ensure the safety & well-being of all participants. Dates & times are listed above.

We hope that you will join us!



The Hawk Football Camp is a non-contact camp.

Skills such as safe blocking & tackling techniques will be emphasized as well as specific mental & character lessons.

### GOALS OF HAWK FOOTBALL CAMP:

- To improve individual position skills consistent with what is taught by both the High School and Youth Football staffs
- To develop meaningful relationships with young Blackhawks of our community
- Continue developing team unity in a team environment

DATES: July 16<sup>th</sup> – 18<sup>th</sup>

TIME: 6:00 – 8:00 pm

COST: **\$30.00** (t-shirt included in cost)

\*checks made payable to Blackhawk Football

\*\*Athletes should wear t-shirt, athletic shorts, and football cleats.



Contact Coach Neal for questions and flyers. [sneal@pearidgek12.com](mailto:sneal@pearidgek12.com)