BLACKHAWK 2019
SUMMER PRIDE

PRIDE II ATHLETE CAMP

OPEN TO ALL STUDENT ATHLETES 2nd – 6th GRADE

HAWK FOOTBALL CAMP

CHAMPIONS ARE DEVELOPED IN THE OFF-SEASON

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

This camp is designed for **ALL** Blackhawk students and athletes, both male & female **grades 2nd - 6th**.

Each of the 13 sessions will focus on learning the fundamentals of Modern Athletic Training including core body strength, explosive training techniques, athletic movement training, and overall body control (e.g. change of direction, swinging, vertical jumping, linear & lateral explosions, etc.) The program is designed and instructed by the Blackhawk Staff members & will focus on athletic movement in all sports.

Week 1:	Week 2:	Week 3:	Week 4:
July 8-10	July 15-18	July 22-25	July 29-30

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

The Hawk Football Camp is a non-contact camp designated for all PR youth **grades 2nd – 6th**.

Specific football skills are taught in a safe & controlled environment. Fundamentally correct blocking & tackling techniques as used by the Blackhawk Football Program will be instructed as well as specific mental & character lessons.

All youth football coaches as well as the High School coaches and players will be present and will instruct the camp.

Dates:
July 15 - 17
6:00 – 8:00 pm

*Discounts given for full PR youth teams who attend

PRIDE II ATHLETE CAMP INFO:

COST: **$50** *checks payable to Blackhawk Football*
$35 *per sibling or multiple family members*

LOCATION: Blackhawk Indoor Field & Weight Room

*all participants will receive a free t-shirt

Wear loose t-shirt – athletic shorts – athletic shoes – bring water

We hope that your student athlete will join us!

HAWK FOOTBALL CAMP INFO:

COST: **$35** *checks payable to Blackhawk Football*
$25 *per sibling or multiple family members*

LOCATION: Blackhawk Indoor Field & Stadium

*all participants will receive a free t-shirt

Wear loose t-shirt – athletic shorts – football cleats – bring water

Grab a teammate & make it to camp!

Contact Coach Neal for questions and flyers. sneal@pearidgek12.com