

BISHOP KELLEY FOOTBALL CAMPS 2016

VISIT www.bishopkelleyfootball.com for more info

Registration is on the back of this form

COMET SUMMER TRAINING



GRADES 9-12 for Football Players

Football specific training based on experienced coaching and techniques to develop our athletes.

*Training in areas of
Strength, Agility, Flexibility, Power, Speed, Conditioning*

Comet Summer Training is a comprehensive high intensity strength training and conditioning program focused on improving athleticism by using football specific training methods, both in the weight room and in the area of conditioning, and speed development.

This camp meets 4 days a week, taking Wednesdays off. The cost is \$175.00 and includes a T-shirt. Athletes should wear approved workout clothes and tennis shoes and be ready to work hard while having a great time. This camp runs from June 13th – July 29th.

Camp starts at 7:30 am and is complete at 10:00 am.

COMET SUMMER TRAINING



Jr High Speed and Conditioning Camp

Grades: 6,7,8

Football specific training based on experienced coaching and techniques to develop our future athletes.

Jr High Comet Summer Training is designed to prepare our young athletes for their upcoming season, focusing on speed development and conditioning.

This camp will begin on July 5th and end on July 26th. We will meet on Mondays and Tuesdays for 4 weeks (not July 4th) from 10:00 am – 11:15 am at Bishop Kelley Stadium.

The cost is \$85.00 and includes a T-shirt. Each day will conclude with a game of ultimate football!! Tennis shoes and workout gear is all that is needed!

COMET INDIVIDUAL CAMPS

WR/DB CAMP

Grades: 5 - 9

This is the 9th annual 2 day football skills position camp conducted by Bishop Kelley coaches Lane Frailey and Justin Robinson.

The date of this camp is June 27th/28th and is held at Bishop Kelley High School Stadium.

COMET SUMMER TRAINING

If your son wants to be a wide receiver or defensive back, this is the camp for him! He will gain valuable classroom instruction and on the field work to make him a better football player.



The Cost of this camp is \$75.00 includes a T-shirt. Non Padded Camp held from 12:00 – 3:00

RHINO LINE CAMP

Grades: 5 - 9

This is an offensive and defensive line camp conducted by Bishop Kelley coaches Eric Roepke and Steven Trammell.

The date of this camp is June 27th / 28th and is held at Bishop Kelley High School Stadium.



We like to call our linemen "Rhinos".

They are the most important part of any

team, and always the hardest working players on the field. This camp will have classroom instruction, video presentations, indoor work and on the field work.

The cost is \$75.00 and includes a T-shirt. This is a NON-padded camp. **The camp runs from 11:45 am - 2:30 pm**

JCFA PAD CAMPS



Grades: 1 - 8

These are the JCFA required pad camps prior to the start of the 2015 season. The Bishop Kelley Football Staff and varsity players run these camps. All camps will be held at the Bishop Kelley Stadium. **The cost is included in your JCFA sign-ups.**

This is a contact camp and players will need helmets, mouth pieces, shoulder pads, shorts and cleats.

Grades 1st - 7th will be held July 20th and 21st from 7 – 9 pm

Grades 1-4 will have their own introduction to the game of football to learn about their pads, safety and help young players become comfortable before their practice starts.

***8th Grade Pad camp date is TBA. Possibly occurring during their first week of practice.**

COMET FOOTBALL CAMPS AND APPLICATION FORM

Athlete name _____

2016/17 Grade _____ T-shirt size

YL S M L XL XXL XXXL (circle one)

Parent name _____

Parent phone numbers (work) _____

Home _____ Cell _____

Emergency contact name _____

Emergency contact phone number _____

I, _____, hereby release Comet Football Camp and Bishop Kelley High School from any and all claims and liability of any kind for personal liability, property damage and/or premises liability during any and all participation in the above said camp. I certify my child is of full physical, emotional, and mental capacity to participate in the camp and all its activities, and authorize any necessary medical procedures as may be performed or prescribed by a licensed physician for the benefit of my child.

Parent / Legal Guardian signature / Date _____

9th/10th/11th/12th Comet Football Training \$175.00 Contact: JJ Tappana jtappana@bishopkelley.org

6th/7th/8th Jr High Speed and Conditioning \$85.00 Contact: JJ Tappana jtappana@bishopkelley.org

5th/6th/7th/8th Rhino Lineman Camp \$75.00 Contact: JJ Tappana jtappana@bishopkelley.org

5th/6th/7th/8th/9th QB/WR/DB Camp Contact: JJ Tappana jtappana@bishopkelley.org

JCFA Pad Camps - All JCFA registered players are already enrolled in this camp, and will not need to take any other action to be a part of this pad camp. Contact: Jim Huber: jrhuber@sbcglobal.net

Checks payable to **COMET FOOTBALL**, can mail in to
Bishop Kelley Football
C/O JJ Tappana
3905 S. Hudson Ave.
Tulsa Ok 74135

**May bring registration and payment to the first day of camp. Payment must be complete by the first day of camp. No Refunds Available. WOULD BE VERY HELPFUL TO RESERVE A SPOT VIA EMAIL PREVIOUS TO THE FIRST DAY OF CAMP.

VISIT www.bishopkelleyfootball.com for all your information, videos, pictures, history and much more.