

# BISHOP KELLEY FOOTBALL CAMPS 2016

VISIT [www.bishopkelleyfootball.com](http://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 13<sup>th</sup> – July 29<sup>th</sup>.

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 5<sup>th</sup> and end on July 26<sup>th</sup>. We will meet on Mondays and Tuesdays for 4 weeks (not July 4<sup>th</sup>) 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

### QB/WR/DB CAMP

Grades: 5 - 9

This is the 9<sup>th</sup> annual 2 day football skills position camp conducted by Bishop Kelley coaches Brandon Birks and Justin Robinson.

**The date of this camp is June 13/14 and is held at Bishop Kelley High School Stadium.**

## COMET SUMMER TRAINING

If your son wants to be a quarterback, 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.



Please see the [additional brochure for registration and information](#), or contact [bbirks@bishopkelley.org](mailto:bbirks@bishopkelley.org).

### 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 27<sup>th</sup> / 28<sup>th</sup> 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 1<sup>st</sup> - 7<sup>th</sup> will be held July 20<sup>th</sup> and 21<sup>st</sup> 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.**

**\*8<sup>th</sup> 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 \_\_\_\_\_

9<sup>th</sup>/10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Comet Football Training \$175.00 Contact: JJ Tappana [jtappana@bishopkelley.org](mailto:jtappana@bishopkelley.org)

6<sup>th</sup> /7<sup>th</sup>/8<sup>th</sup> Jr High Speed and Conditioning \$85.00 Contact: JJ Tappana [jtappana@bishopkelley.org](mailto:jtappana@bishopkelley.org)

5<sup>th</sup> / 6<sup>th</sup> /7<sup>th</sup>/8<sup>th</sup> Rhino Lineman Camp \$75.00 Contact: JJ Tappana [jtappana@bishopkelley.org](mailto:jtappana@bishopkelley.org)

5<sup>th</sup>/6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>/9<sup>th</sup> QB/WR/DB Camp - See additional Brochure Contact: Brandon Birks [bbirks@bkelleys.org](mailto:bbirks@bkelleys.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](mailto: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

VISIT [www.bishopkelleyfootball.com](http://www.bishopkelleyfootball.com) for all your information, videos, pictures, history and much more.