

# Ada Cougar Summer Playground

**The What: Ada Cougar Summer Playground Program**

**The Who: Girls and Boys Entering 4<sup>th</sup> – 6<sup>th</sup> Grade for the 2019/2020 School Year**

**The Why: To Grow and Develop**

- Character
- Self Confidence
- Athleticism
- TEAM Work

**The How: Training Sessions That Focus On**

- Balance
- Flexibility
- Mobility
- Running Mechanics
- Change of Direction
- Competition

**The When: June 17 – August 1**

- Monday – Thursday
- 10:00 – 11:00 AM
- OFF July 1 – July 4
- 24 Sessions

**The Where: Ada Cougar Football Complex**

- Report Daily to the Archie Dunham Indoor Facility

**The Summer Playground Program will be under the direction of Head Football Coach Chris Berus and executed by the Ada Cougar Football Staff.**

**Cost: \$50**

- Mail Enrollment Information and Payment to PO Box 872 Ada, Ok 74821
- Make Checks Payable to Chris Berus Camps
- 1<sup>st</sup> Day of Camp Enrollment Will Be Available Beginning at 9:30 AM

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## Enrollment Information

Participant Name \_\_\_\_\_ Grade Entering \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Cell # \_\_\_\_\_

Participant T-Shirt Size \_\_\_\_\_ Payment Type: Check \_\_\_\_\_ or Cash \_\_\_\_\_