

# NOAH JAGS 2007 FOOTBALL INFORMATION

## Off Season Workouts

speed, agility, core, conditioning

March 20<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup>, 29<sup>th</sup>, April 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, May 1<sup>st</sup> and 3<sup>rd</sup>

4:00 – 5:30 at Springs of Grace Bible Church (7123 East 7<sup>th</sup> Street)

This is open for all NOAH athletes Junior High and High School – regardless of sport.

Cost - \$0

## Spring Practices

April 23<sup>rd</sup>, 24<sup>th</sup>, 26<sup>th</sup>, 30<sup>th</sup>, May 8<sup>th</sup>, 10<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>

4:00-6:00 (stretching starts at 3:45) at Practice facility on 129<sup>th</sup> East Avenue between 81<sup>st</sup> and 91<sup>st</sup> street

This is for those interested in playing High School football. Cost – included in your fees

## SPECIAL DAYS

Parent/Player Informational Meeting – March 26<sup>th</sup> at 7:00 pm at Springs of Grace Bible Church (7123 East 7<sup>th</sup> Street)

## MINI Camp

April 20<sup>th</sup> and 21<sup>st</sup> – for all players interested in playing Junior High and High School football

4:00 – 6:00 pm on Friday evening and 9:00 – 12:00 noon on Saturday

Cost - \$50 – non refundable but counts towards your fees

## SKILLS DAY

May 21<sup>st</sup> 4:00 – 6:00

For all High School and Junior High Players who have an interest in playing QB, RB, WR, TE, LB, or DB. We will have outside coaches in this day to work on our skill development.

Cost – included in your team fees

## HOG DAY – May 24<sup>th</sup> 4:00 – 6:00

For all High School and Junior High Player who have an interest or should have an interest in playing in the offensive or defensive line. We will have outside coaches in this day to work on our skill development.

Cost – included in your team fees

## TULSA TEAM CAMP

May 31<sup>st</sup> – June 2<sup>nd</sup> on the University of Tulsa Campus

For all High School NOAH Football players – the camp costs \$190/player but you will only have to pay \$50. This includes camp activities Thursday, Friday, and Saturday; lodging on Thursday and Friday nights, and all meals during the camp. It is real important that all players attend the Team Camps.

## NORTHERN EXPOSURE III TEAM CAMP

June 4<sup>th</sup> – 6<sup>th</sup> at Sand Springs – Charles Page High School

For all High School NOAH Football players – the camp cost is included in your team fees. The Camp is from 8:00 -1:00 each day. The players will be fed lunch

## TEAM POSITION CAMP

July – dates and times to be announced – cost included in your fees

## FIRST PRACTICE

August 6<sup>th</sup>

## FIRST GAME

August 31<sup>st</sup>