

# ***AIM HIGH***

## **SPRING YOUTH NON CONTACT (NO FOOTBALL PADS) FOOTBALL CAMP PEE WEE (AGES 10-12 yrs) & BANTAM ONLY (AGES 13-15 yrs)**

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

HOW DID YOU HEAR ABOUT US \_\_\_\_\_

FOOTBALL CLUB OR ORGANIZATION (i.e. Mavericks, Broncos, Cowboys, etc.) \_\_\_\_\_

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Sessions will be held every Saturday from March 31<sup>st</sup> to – June 30<sup>th</sup>, 2012 @ the Calgary West Soccer Centre from 10 am to 12 noon (We may move some sessions outdoors in late Spring). Sessions will consist of progressive & fundamental football training, individual position training, High Intensity Interval Training (HIIT), speed & agility; power & explosiveness; endurance; balance and coordination & a fun filled competitive FLAG FOOTBALL LEAGUE. Camp will emphasize “competitive fun” in a structured but informal setting. Participants will be measured on progress and encouraged to improve through positive reinforcement. Trainers have a wide variety of football experience (CFL, CIS, High School and/or NCCP).

FULL SEASON (14 sessions: March 31- June 30).....\$450.00  
1<sup>st</sup> HALF OF SEASON (7 sessions: March 31- May 12).....\$240.00  
2<sup>nd</sup> HALF OF SEASON (7 sessions: May 19- June 30<sup>th</sup>).....\$240.00

\*Each youth athlete will receive a FREE AIM HIGH FOOTBALL SHIRT.

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For any questions regarding the Aim High Youth Football Camp please call Tony or Laura @ (403) 774-7416 OR e-mail tony@aimhighsports.ca ; laura@aimhighsports.ca. Please make checks payable to Aim High Youth Football Camp. Please mail (or drop off) registration form and payment to:

AIM HIGH Youth Football Camp  
27 Tusslewood Drive N.W.  
Calgary, Alberta T3L 2M6

OR

Drop off at:  
**THE UPS STORE**  
#105-150 Crowfoot Crescent N.W.  
(Near Boston Pizza)

You will receive a confirmation e-mail when your registration is received. Please submit a WAIVER FORM (available at [www.aimhihighsports.ca](http://www.aimhihighsports.ca)) AND payment along with your registration form. Aim High Youth Football Camp is fully committed to providing progressive training in a fun environment!