

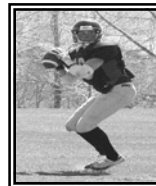
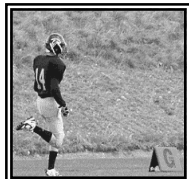
# Calgary School of Football – Summer Program Schedule

**Conditioning**

**Speed & Acceleration**

**Linemen Power**

**QB's & Receivers**



## July 2009 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Stampede 3rd-12th	4
5	6	7	8	9	10	11
12	13	14 Conditioning 7 – 8:30pm	15	16 Speed & Acceleration 7 – 8:30pm	17	18 QB Skills & Receiver Hands 9:30 – 11am
19	20	21 Conditioning 7 – 8:30pm	22	23 Lineman Power Development 7 – 8:30pm	24	25 QB Skills & Receiver Hands 9:30 – 11am
26	27	28 Conditioning 7 – 8:30pm	29	30 Speed & Acceleration 7 – 8:30pm	31	31 QB Skills & Receiver Hands 9:30 – 11am

**6 WEEK**  
**27 Total Hours**



**ALL SUMMER LONG**  
**Certified Instruction**

*Take full advantage and your training can be as little as*

**under \$5.00/hour**

**Conditioning**



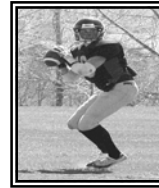
**Speed & Acceleration**



**Linemen Power**



**QB's & Receivers**



## August 2009 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Conditioning 7 - 8:30pm	5	6 Lineman Power Development 7 - 8:30pm	7	8 QB Skills & Receiver Hands 9:30 - 11am
9	10	11 Conditioning 7 - 8:30pm	12	13 Speed & Acceleration 7 - 8:30pm	14	15 QB Skills & Receiver Hands 9:30 - 11am
16	17	18 Conditioning High school prep 7 - 8:30pm	19 Conditioning High school prep 7 - 8:30pm	20 Conditioning High school prep 7 - 8:30pm	21	22
23	24	25	26	27	28	29
30	31					

# CSofF SUMMER MEMBERSHIP

**\$150.00** *Including Authentic CSofF Jersey*

**\$125.00** *Early Bird Special if payment received prior to April 1/2009*

*"Membership definitely has it's privileges"*

**Pick your spots - Attend what you want - Attend them all - your choice**



2009 Summer Membership Program Registration

**Athlete's Name:** \_\_\_\_\_

**Athlete's Age:** \_\_\_\_\_ **Level of Play:** \_\_\_\_\_

**Club Team:** \_\_\_\_\_ **Head Coach:** \_\_\_\_\_

**AHC #:** \_\_\_\_\_ **Emergency Phone:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Additional Information:** \_\_\_\_\_

2009 Summer Membership Program Registration Fees:

**Membership Fee:** \$150.00 \_\_\_\_ **Early Bird Special:** \$125.00 \_\_\_\_

**Method of Payment:** Visa \_\_\_\_ Mastercard \_\_\_\_

**Credit Card #** \_\_\_\_\_ **Expiry Date:** \_\_\_\_\_

**Cheque:** (Enclose cheque made payable to **Calgary School of Football**)

**Mail with payment to:** 68 Silverado Creek Crescent SW Calgary, Alberta T2X 0C6

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_