

Choctaw High School

Football (M)



2024 Growing Up Gold Camp

Camp Start Date: January 22, 2024

Start Time: 4:00 PM

Camp End Date: March 14, 2024

End Time: 5:00 PM

Venue Name: Choctaw Football Fieldhouse (NW of Football Stadium)

Venue Address: 14300 NE 10th Street, Choctaw, OK 73020

Camp Cost: \$150.00

Questions: Brad Clark tyler-clark@cnpschools.org (918) 894 - 1300

Special Notes:

Growing Up Gold is a course designed to introduce weight lifting and strength training to athletes in current grades 3rd-6th. This course will be instructed by USA Weightlifting Certified Strength Coach, Brad Clark. This course will focus on learning the proper movements and techniques to give your child the confidence needed for a lifetime of physical fitness and added athletic performance. Growing Up Gold will introduce and build upon the pillars of Choctaw High School Strength & Conditioning Principles: Injury Prevention, Improved Athletic Performance, and the Promotion of Long Term Fitness & Wellness. The course will be taught in the High School Football Facility, utilizing Bill Jensen Stadium and the high school weight room (metal building located immediately NW of the football stadium). The course will be 11 sessions each and consist of 2 parts throughout the spring semester. We will begin Session I on 1/22/24 and end on 2/13/24 then continue to Session II on 2/20/24 and end on 3/14/24. Training will be on Monday, Tuesday and Thursdays from 4:00pm to 5:00pm. *There will be no training if school is closed to inclement weather and that training will not be made up. We will also be off on Monday, 2/19/24, as there is no school due to President's Day. Each session is \$100/athlete OR \$150 for both Sessions. Discounts will be given for multiple athletes. If you have any questions or wish to only participate in one session please feel free to contact Coach Clark at tyler-clark@cnpschools.org. This is a wonderful opportunity for young athletes of all experience levels to improve their athletic abilities and skills. We look forward to working with your athlete!