

CLAWS

Competitiveness: We will strive to be the best we can be and to compete at the highest level possible.

Leadership: Know right from wrong and do the right thing! If you think something is wrong, it probably is!

Accountability: You are responsible for your actions.

Work Ethic: Successful people do what it takes to get the job done. Hard work, perseverance, dedication, commitment.

Sportsmanship: Compete with intensity and a desire to win, but do so with a first-class attitude. They are our opponents, not our enemies. Treat them as you want to be treated!



Running Test 2008!

8 220's, 60 seconds each. (8 minutes total).

5 minutes rest.

8 gassers, 50 seconds each.

5 minutes rest.

8 40's, 12 seconds each.

5 minutes rest.

5 laps for OL/DL, 6 laps all others in 12 minutes. You must pass EVERY test!

CENTURY JAGUAR FOOTBALL 2011

\$45 before August 1st.

\$50 After August 1st.

Make Checks Payable to Century Football

Please send to:
Century Football Camp
2000 SE Century Blvd.
Hillsboro, Oregon 97123.
Attn; Coach Smith

CENTURY JAGUAR FOOTBALL 2011

SPIRIT CAMP 2011



August 8th—12th
6:00-8:00pm
CHS Football Field
Grades 7 - 12.

CENTURY SPIRIT CAMP '011

Welcome to the 2011 football season! We are very happy to offer you this affordable camp and are eager for the upcoming season to begin!

This camp will focus on the fundamentals of the game of football as taught by the coaches of Century High School. Proper blocking and tackling will be emphasized, as well as learning the "Century System".

Athletes will need to wear the shirt provided with admission to practice each day.

If you can not afford this camp, please see coach Smith and a 4 hour job will be provided to cover the cost.



TYPICAL DAILY SCHEDULE

PLEASE PRINT!

**Team Warm Up:
Stretch and Form Running** **10 minutes**

Form Tackling **10 minutes**

**Individual Work by Position
(Offense or Defense)** **15 minutes**
**RB/QB/RC/OL
DL/ILB/DB**

Water **5 minutes**

**Group Work
(Offense / defense)** **15 minutes**
**Offense/
Defense**

**Team Period
(Offense o/Defense)** **20 minutes**
**Offense/
Defense**

**Closing Activity
(Team Building)** **10 minutes**

**Conditioning Camp will be next
week! If you can not attend condi-
tioning camp, you must pass the
running test!** **120
minutes
total**

Last Name: _____

First Name: _____

Address: _____

Zip: _____

Phone: _____ - _____

Email: _____@_____

Health Care _____

Provider: _____

Cost: \$45 Before August 1st!

Cost: \$50 After August 1st!

Send to: 2000 SE Century Blvd.

Attn: Football. Hillsboro, OR 97123

I understand that football is a sport and injuries are common to sports. I hereby authorize the staff of Century Football to act accordingly in their judgment in any emergency requiring medical attention. I hereby waive and release the camp from any liability for any injury or illness that occurs while my child is at this camp. I also certify that he is covered by health and has accident insurance.

Parent : _____