



NORTHWOOD FOOTBALL

TIMBERWOLVES



Pacific Coast League Champions
2001, 2002, 2003
CIF Playoffs – '01, '02, '03, '04, '05
CIF Finalists – 2005

Rick Curtis
Head Football Coach
(949) 936-7250
jcurtis@iusd.org



Freshman Summer Football Program

DATES: Monday, JULY 5TH – Wednesday, AUGUST 4TH

DAYS: MONDAY – THURSDAYS

TIMES: 10:30 am – 12:30 pm

COSTS: \$200 – Check payable to NHS Football SP
(Includes \$25 – Weight room fee)
\$40 per set – Spirit Pack (T-shirt / shorts) – check payable to NHS Football

DETAILS: Registration:

Mail Check (s) to: Rick Curtis – Northwood HS – 4515 Portola Pkwy – Irvine 92620
Or register on **Thursday, June 24** – 10:00 am – 12:00 noon (coach's office – by the gym)

Dress:

- Northwood Football Sleeveless T-Shirt
- T-Wolf Navy Blue Shorts
- Compression Shorts or briefs (no boxers allowed)
- White athletic socks
- Football Cleats and Tennis shoes needed for each practice session

Purchase the following directly from Coach Curtis on Thursday, June 24

Cash or **Check payable to NHS Football** (separate from summer program check):

\$ 40 – Spirit Pack – T-Wolf shorts & Northwood Football T-shirt (Mandatory)

\$ 20 – Tank top (optional)

\$ 35 – Travel bag – (optional) – to be ordered with name on bag (4 week lead time)

Instruction:

- Northwood HS Offensive & Defensive system & Weight training
- All skills related to the game of football & Conditioning

Summer Football Program

REGISTRATION FORM

Complete and return the following form with Summer Registration Check of \$200
(Make summer camp check payable to: **NHS Football SP**)

Return Summer Registration Check to:

Rick Curtis – Head Football Coach
Northwood High School
4515 Portola Parkway
Irvine, CA 92620

***Note: Payment for t-shirts, shorts, tank top and carry bag will be accepted on Thursday, June 24 from 10:00 am – 12:00 noon or on the 1st day of practice – July 5th @ 10:00 am**

Please order tank top and carry bag at this time by answering below.

Player's Name _____

T-Shirt Size _____ Short Size _____

of Under Armor Sleeveless T-shirts to be purchased (\$22 each) _____

of Champion Shorts to be purchased (\$18 each) _____

I would like to pre-order a tank top (\$20 each): Yes or No _____ Size _____

I would like to pre-order a carry bag with name embroidered on bag (\$35): Yes or No _____
(allow 4 – 6 weeks for delivery)

Parent / Guardian's Name:

Address _____

City _____ Zip Code _____

Phone # () _____ Parent's e-mail Address: _____

**** Note:** A completed **physical** and **emergency card** must be on file prior to the beginning of any summer sports program. Physical screenings will be held @ NHS on (TBA) from 2 pm – 5 pm.

(See separate flyer for physical information)

**** Football Web site – www.northwood-football.com**