



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



DATES: Monday, July 5th – Wednesday, August 4th

DAYS: MONDAY – THURSDAY

TIMES: Monday – Thursday – 7:00 am – 9:45 am

COSTS: \$200 – Check payable to NHS Football SP
(Includes \$ 25 – weight room fee)
\$ 40 – (See below & page 2 for spirit pack information)

Purchase the following directly from Coach Curtis:

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 for lineman, mandatory for skilled position players)
\$ 35 – Travel bag – (optional)

DETAILS: Registration:

*****Due : – by Monday, June 14, 2010 !**

Dress:

- Northwood Football Under Armor Sleeveless T-Shirt
- T-Wolf Navy Blue Shorts
- White athletic socks
- Football Cleats and Tennis shoes needed for each practice session

Instruction:

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

REGISTRATION FORM

Return Summer Registration Check to:

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

**** Complete and return with Summer Registration Check (Due by Monday, June 14, 2010)**

Player's Name _____

Year in school in September 2010 (10, 11, or 12) _____

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 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 _____

***Checks payable to NHS Football for above items. Items can be ordered or purchased directly by player from Coach Curtis in the coaches office.**

Parent / Guardian's Names :

Address _____

City _____ Zip Code _____

Phone # () _____ E-mail Address: _____

**** Note:** A completed **physical** and **emergency card** must be on file prior to the beginning of any summer sports program. **Physicals will be held on _____ from 2:00 – 5:00 pm @ NHS.**
See separate flyer for physicals.

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