

DAY OF ★★★★★  
**CHAMPIONS**  
TRUST. RESPECT. HARD WORK. DISCIPLINE.



**2010**

**FOOTBALL**  
**GRADES 1 - 7**

**JULY 23: 8AM - 3:30PM**

**GRADES 8 - 12**

**JULY 24: 8AM - 3:30PM**

**[www.rawfootballcamp.com](http://www.rawfootballcamp.com)**

The DAY OF CHAMPIONS FOOTBALL CAMP experience is beyond athletic skill enhancement, providing one-on-one mentoring and coaching in athletics, health, fitness, life choices and the four principles of leadership: discipline, respect, trust and hard work. Each day includes specific position skill instruction, strength & conditioning drills, nutritional information and individual & team competition.

Each position is taught and supervised by DAY OF CHAMPIONS football staff, made up of some of the top Division I-II-III & NAIA collegiate coaches in the country along with past OU football players and past & current NFL players, such as Earle Mosley former Chicago Bears, University of Kansas and Notre Dame running backs coach and Josh Norman, former University of Oklahoma National Championship tight end and NFL player for the San Diego Chargers.

**CHEER**  
**GRADES 1 - 7**

**JULY 23-24: 8AM - 3:30PM**

**[www.rawcheerleadingcamp.com](http://www.rawcheerleadingcamp.com)**

The DAY OF CHAMPIONS CHEERLEADING CAMP provides one-on-one mentoring and coaching in the areas of motion, jumps, spirit, rhythm, health, fitness, life choices and the four principles of leadership: discipline, respect, trust and hard work. Cheerleaders of all ages are able to enhance their abilities & learn basic cheerleading fundamentals geared to their skill level. Each day includes skill instruction, strength & conditioning drills, core development and nutritional information.

Each area is taught and supervised by DAY OF CHAMPIONS cheerleading staff, made up of past and current University of Oklahoma and professional cheerleaders.