



125 S. Elliott Rd, Newberg
Sports Department (503) 537-2909

March 25, 2011
This Program will not be offered this year 2012

2011 Pre-Season Football Conditioning Clinic

The clinic will focus on various rapid responses, strength and speed drills that will be sport specific to football. An emphasis will be placed on cutting edge instruction similar to the Nike SPARQ (Speed, Power, Awareness, Reaction & Quickness) training. Athletes will learn how to improve speed, strength and power by using a variety of techniques such as dynamic and static stretching, plyometrics, medicine ball, quick foot ladders, reaction ball, and running drills. A study in the *Journal of Sports Medicine* stated that athletes that received training that mimicked their sport-specific actions, experienced a significant boost in speed, agility and power in their game.

The instructor has a B.S. Degree from Linfield College in Sports Medicine - Athletic Training and currently trains with Nike in the SPARQ training program.

Who: Ages 10 - 14

Max: 45 athletes

Fee: \$45

When: July 25, 27, 29

Time: 10:00am-12:00pm

Where: George Fox University Track

Instructor: Christopher Harper, contact with questions (503) 887-0595 Email: christopherh@shipcds.com

Activity: 3204.102

Notes: Gatorade and nutrition bars will be supplied
See Summer Activity Calendar Below:



2011 CPRD Summer

Sport Camps, Lessons & Meetings Schedule



DATE	TIME	ACTIVITY	WHO	LOCATION
6/20 & 6/22	4:30-5:45	Youth Tennis Lessons	Ages 7-17	Jaquith Park Tennis Courts
6/20 & 6/22	6:30-8:00	Adult Tennis Lessons	Ages 12-	Jaquith Park Tennis Courts
6/20 – 6/23	10:00-12:00	Pee Wee Sport Camp	Ages 5-9	Jaquith Park Tennis Courts
6/20 – 6/23	9:00-12:00 pm	Girls Junior Tiger Hoop Camp	Grades 2-8	Chehalem Valley gym
6/20 – 6/22	9:00-11:30	Tiger Baseball Camp	Grades 1-8	NHS BB field
6/20 – 6/23	1:00-4:00	Boys Basketball Camp	Grades 2-12	GFU Wheeler Complex
6/21	6:00-7:00	Coed Softball Meeting	Adult	District Sports Office
6/21	7:00-8:00	Summer League Basketball Meeting	Adult	District Sports Office
6/27-6/29	10:00-11:30	Summer Slam Youth Sport Performance Camp	Grades 6-12	NHS Weight room
6/27,29,7/1	1:00-2:00	Kids Fit Camp	Ages 5-13	Crater ball fields
7/5 – 7/8	10:00-11:45	T-Ball Camp	Ages 4-7	Jaquith Ball Field #1
7/11– 7/14	9:00-1:00	Tennis Camp	Ages 7-17	Jaquith Park Tennis Courts
7/11 – 7/15	3:30-5:30	Middle School Rookie Rugby Camp	Grades 6-8	Renne Field
7/11 – 7/14	9:30-Noon	Soccer Camp	Grades K-8	NHS Soccer Field
7/18 – 7/21	10:00-12:00	Pee Wee Sport Camp	Ages 5-9	Jaquith Park Tennis Courts
7/13 - 7/16	9:30-1:30 pm	Lacrosse Camp	Grades 5-12	CVMS Football field
7/18 & 7/20	4:30-5:45	Tennis Lessons	Ages 7-17	Jaquith Park Tennis Courts
7/25 – 7/28	10:00-11:45	T-Ball Camp	Ages 4-7	Jaquith Ball Field #1
7/25,27,29	1:00-2:00	Kids Fit Camp	Ages 5-13	Crater ball fields
7/25,27,29	10:00-12:00	Pre-Season Football Conditioning Clinic	Ages 10-14	NHS Football field
7/31	7:30 am	Old Fashioned Festival 5 K Run	All ages	Memorial Park
8/1 –8/4	9:00-11:00	Jr. Tiger Football Camp	Grades 3-8	Crater Sports Complex
8/1	5:00-6:00 pm	7th & 8th grade FOOTBALL GEAR hand out	Grade 7-8	District Sports Office
8/2	5:00-6:00 pm	5th & 6th grade FOOTBALL GEAR hand out	Grade 5-6	District Sports Office
8/3	5:00-6:00 pm	3rd & 4th grade FOOTBALL GEAR hand out	Grade 3-4	District Sports Office
8/8 – 8/11	9:00-1:00	Tennis Camp	Ages 7-17	Jaquith Park Tennis Courts
8/8 & 8/10	4:30-5:45	Tennis Lessons	Ages 7-17	Jaquith Park Tennis Courts
8/15	6:00-7:30	K – Extreme Soccer Coach Meeting	Coaches	District Sports Office
8/20 – 8/21	9:00 am	Adult and Youth Tennis Tournament		

ADDITIONAL ACTIVITIES WILL BE ADDED AS THEY BECOME CONFIRMED.

For more information or questions please visit CPRD WEB SITE www.cprdnewberg.org or contact Mike at 503-537-2909, mgarrity@cprdnewberg.org