



Mustang Strength



2026

WHEN: HIGHSCHOOL/ 9TH-12TH / JUNE 8TH - JULY 30TH 7:00-9:00 AM

WHEN: MS BEGINS / 5TH -8TH / JUNE 15TH - JULY 30TH 8:30-10:00 AM

DAYS: Monday - Thursday

OSSAA DEAD PERIOD: JUNE 28TH-JULY 5TH- NO WORKOUTS

WHERE: ATHLETIC BUILDING/ MUSTANG STADIUM

WHO: HIGH SCHOOL ATHLETES / MIDDLE SCHOOL ATHLETES

REMINDER: BRING CLEATS / OLD SHOES FOR GRASS FIELD

THIS IS OPEN TO BOTH MALE AND FEMALE ATHLETES

COORDINATOR: SAM NOBLE / STAFF: HIGH SCHOOL AND MIDDLE SCHOOL COACHES

CAMP OBJECTIVE: TO PREPARE ATHLETES FOR COMPETITION AT THE HIGHEST LEVEL.
THERE WILL BE AN EMPHASIS ON IMPROVING STRENGTH, SPEED AND AGILITY

REGISTRATION: REGISTRATION IS \$100.00 FOR HS and \$90 for MS TRAINING PROGRAM.
T SHIRT IS INCLUDED - YOU MUST PAY CAMP FEE IN ORDER TO RECEIVE A SHIRT.
SHIRTS WILL BE ORDERED BY JUNE 18TH FOR ALL HS & MS

MAKE CHECKS PAYABLE TO: **OOLOGAH ATHLETICS**

PLEASE MAIL APPLICATION AND PAYMENT TO:

OOLOGAH HIGH SCHOOL C/O: DRU DIXON

10700 S. HWY 169 OOLOGAH, OK 74053

-OR

HAND DELIVER TO COACH SAM NOBLE OR ATHLETIC OFFICE

APPLICATION *Liability release:* I hereby authorize the staff of the *Oologah Mustang/Summer Pride* to act for me in any medical emergency that may occur. I exonerate the Oologah-Talala District and all employees for any injury or illness incurred at the camp. I give my son/daughter permission to attend the *Oologah Mustang Summer Pride*; they are physically fit. I have my own insurance.

ATHLETES NAME _____ **GRADE** _____

ADDRESS _____

HOME PHONE _____ **EMERGENCY PHONE** _____

T-SHIRT SIZE S M L XL XXL XXXL (all sizes are adult)

PARENT SIGNATURE _____ **DATE** _____