



'Future' SPARTANS

8th Grade Position Camp & weight training dates

The Pleasant Valley High School football program invites any PV 8th grade (grade level for fall 2018) football player to our Position Camp. This camp is designed for all offensive and defensive positions, and will focus on skills required for all positions.

Camp Details:

- WHO:** 8th graders (grade level fall 2018)
- POSITIONS:** All positions
- DATES:** June 4, 6, 11, 13, 18, 20, 25, 27 and July 2, 9, 11, 16, 18
- TIME:** 7:30am lifting, 9:00am position camp
- LOCATION:** PVHS weight room/football field
- COST:** \$30.00 online or cash/check payable to 'PV Football'
- NOTE:** Please wear gym shoes in the weight room and cleats on the football field.

Summer Weight Lifting Dates/Times for 8th Grade

All 8th grade football players are invited to attend summer weight training sessions at PVHS. 8th grade players will join the freshman players in the weight room. Sessions are led by Coach Ryan Arnold (high school strength/conditioning coach) as well as members of the high school coaching staff. Lifting session occur every Monday and Wednesday from 7:30am-8:30 am beginning June 4th.

Position camp occurs immediately following weight room sessions on the dates listed on this form.

ONLINE REGISTRATION AVAILABLE AT: <https://pleasval.revtrak.net/tek9.asp?pg=athletics>

-----Please detach and mail to address below-----

Name _____ Grade _____ (fall 2018)
 Parents Name _____ School _____
 Phone _____ Position(s) _____

Medical Information/Release

Does the athlete have any medical conditions we need to be aware of? Yes/No
 If yes, please explain: _____

I authorize the Football coaches at the Pleasant Valley High School football camp to act for me according to their best judgment in an emergency requiring medical attention, and I release Pleasant Valley football coaches as well as Pleasant Valley High School from any and all liability for injuries, illnesses, or lost property incurred while the above named athlete is at camp. I have no knowledge of any physical condition that would be affected by the above named athlete's participation in the camp.

Parent/Guardian Signature: _____ Date: _____

Return Permission slip to:
 Rusty VanWetzinga
 PV High School
 604 Belmont Road
 Bettendorf, Iowa 52722