



# 'Future' SPARTANS

## 9<sup>th</sup> Grade Position Camp & weight training dates

The Pleasant Valley High School football program invites any PV 9<sup>th</sup> 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:** 9<sup>th</sup> graders (grade level fall 2018)

**POSITIONS:** All positions

**DATES:** June 4, 6, 11, 13, 18, 20, 25, 27 and July 2<sup>nd</sup>

**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.

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

**Summer Weight Lifting Dates/Times for 9<sup>th</sup> Grade**

All 9<sup>th</sup> grade football players are expected to attend summer weight training sessions (unless there is a family, academic, or baseball conflict). 9<sup>th</sup> grade lifting sessions occur every Monday and Wednesday from 7:30am-8:30am in the PVHS weight room beginning June 4<sup>th</sup>.

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

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

Name \_\_\_\_\_ Grade \_\_\_\_\_ (fall 2018)

Parents Name \_\_\_\_\_ School \_\_\_\_\_

Phone \_\_\_\_\_ Position(s) \_\_\_\_\_

**Return Permission slip to:**

Rusty VanWetzinga  
PV High School  
604 Belmont Road  
Bettendorf, Iowa 52722

**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: \_\_\_\_\_