



# HAWK NATION



## STRENGTH & CONDITIONING CAMP

WE WANT YOU TO BE THE BEST YOU CAN BE! The only way to reach your full potential is to work extremely hard. This summer our coaching staff will offer a strength and conditioning program that will go from June 10<sup>th</sup> – Aug 1<sup>st</sup>.

**LOCATION: PLEASANT GROVE HS INDOOR FACILITY**

**\*\*The UIL has given FOUR MANDATORY CLOSED CAMPUS DATES for coaching school (see calendar below).**

**\*\*The UIL has given schools permission to work both Fridays of the mandatory closing weeks (see calendar below).**

<b>Session: 1</b>	<b>Session: 2</b>
<b>Time: 8:00am – 10:00am</b>	<b>Time: 9:30am – 11:30am</b>
<b>Ages: Incoming 7-12<sup>th</sup> BOYS ONLY</b>	<b>Ages: ALL 7-12<sup>th</sup> GIRLS</b>

June 10 S&C	June 11 S&C	June 12 S&C	June 13 S&C	June 14 OFF
June 17 S&C	June 18 S&C	June 19 S&C	June 20 S&C	June 21 OFF
June 24 S&C	June 25 S&C	June 26 S&C	June 27 S&C	June 28 OFF
July 1 OFF	July 2 OFF	July 3 OFF	July 4 OFF	July 5 OFF

July 8 "OPEN"	July 9 CLOSED	July 10 CLOSED	July 11 S&C	July 12 S&C
July 15 S&C	July 16 S&C	July 17 S&C	July 18 S&C	July 19 OFF
July 22 CLOSED	July 23 CLOSED	July 24 S&C	July 25 S&C	July 26 S&C
July 29 S&C	July 30 S&C	July 31 S&C	Aug 1 S&C	Aug 2 OFF

**COST: \$150 6 Week Program**

**\*\*Make checks/money orders payable to JUSTIN GIBSON. CASH is accepted as well.**

**\*ONLY REGISTERED ATHLETES MAY PARTICIPATE.**

**\*\*FREE/REDUCED LUNCH ATHLETES WILL HAVE TO PAY \$75 > > NO FREE PARTICIPANTS**

**\*\*SIBLING DISCOUNT: \$225-2 KIDS \$300-3 KIDS**

**CLOTHING:** Wear comfortable clothing and athletic shoes (gym shoes/football cleats if you have them).

**\*\*\* Please fill out the bottom of this form and return by May 17.**

All registration forms should be mailed/delivered to the following address:

**Coach Justin Gibson  
Pleasant Grove High School  
5406 McKnight Road  
Texarkana, TX 75503**

If you have any questions email Coach Justin Gibson @ [justingibson@pgisd.net](mailto:justingibson@pgisd.net) or call 903-832-8005

NAME: \_\_\_\_\_ GRADE IN SCHOOL NEXT YEAR (2019-2020): \_\_\_\_\_ Male/Female: \_\_\_\_\_

EMERGENCY CONTACT/PHONE \_\_\_\_\_

**Parental release:** This is to certify that my son/daughter has permission to participate in any and all camp activities. I assume all risks and hazards incidental to such participation and I do hereby agree to hold harmless the staff of the Pleasant Grove Hawk S&C Camp from any and all claims arising out of any injury to my child. In the event of injury my permission is granted for treatment as required at the nearest medical treatment facility.

**Parent/Guardian Signature:** \_\_\_\_\_

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