



Cardinal Athletics



**Speed, Weight, & Agility Training Summer Camp
(S.W.A.T.)**

Program:

Participants will be engaged in training designed to benefit all athletes. Training will be generalized and not sport specific. Following the program, athletes will have improved their overall physical fitness, including: increased strength, functional movement skills, and endurance. Instruction will be supervised by the Head Football and Basketball Coaches.

Participants:

Any student in the Pleasant Plains school district entering grades 9-12 is eligible to participate. Must have a current physical!

When & Where:

Time: 7:00 A.M. - 8:30 A.M.

Dates: May 31, June 2, 6, 8, 13, 15, 20, 22, 27, 28 (10 total dates)

Location: Camp will be held at PPHS. We will meet outside the weight room.

Cost:

\$35.00/athlete All campers will receive a camp T-shirt.

**Discounts may be available for campers participating in sport specific camps- see your head coaches for details.

Please complete this section and return it with payment to:

****All checks should be made payable to Pleasant Plains High School****

Pleasant Plains High School
Attn: Brody Walworth
500 N. Cartwright
Pleasant Plains, IL 62677

Participant Name: _____

Participant Grade: _____

Parent Name: _____

Parent Phone: _____

Emergency Contact: _____

Emergency Contact Phone # () _____

T-Shirt Size: _____ (Please indicate if youth)

Football Camp YES NO

Assumption of Risk & Release of All Claims

I understand there is a possibility of injury to my child taking part in camp activities. I agree to be solely responsible to any medical or other expenses related to my child taking part in camp activities, including any injury, and agree to hold harmless PPCUSD and its officers and employees for any expense or damages resulting from any injury related to my child's participation in any camp activity.

Parent Signature: _____

Date: ____/____/____

Please refer any questions to Brody Walworth, HFC to bwalworth@ppcusd8.org



Cardinal Football



Cardinal Football Camp

Program:

Football camp is a critical piece of pre-season training for football players. Though not required, it is highly recommended! We will be installing large portions of our offense and defense during the camp. It allows the coaching staff an opportunity to film and evaluate players to ensure that they are put in the best position possible to achieve both individual and team success. This is an important building block in having a successful season.

For the 1st time, a portion of our camp will be held off-campus. We will have 3 days of our camp at Eastern Illinois University. This is an overnight camp.

Participants:

Any student who will be enrolled at Pleasant Plains High School in Fall 2016 who intends to play football. Must have a current physical! Incoming freshmen will not go to EIU.

When & Where:

Dates: July 18-22 (18/19 at PPHS, 20-22 at EIU)

Time: 7:00 A.M. - 10:00 A.M. (PPHS)

Location: Pleasant Plains High School & Eastern Illinois University

Cost:

\$150.00/athlete (includes EIU), \$35 for incoming freshmen

**Athletes paying for football camp attend S.W.A.T. free!

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500 N. Cartwright
Pleasant Plains, IL 62677

Participant Name: _____

Participant Grade: _____

Parent Name: _____

Parent Phone: _____

Emergency Contact: _____

Emergency Contact: _____

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Parent Signature: _____

Date: ____/____/____

Please refer any questions to Brody Walworth, HFC to bwalworth@ppcusd8.org