

# 2019 Peninsula Panther

## Youth Strength, Speed & Agility Camp

Open to All 6<sup>th</sup>/7<sup>th</sup> /8<sup>th</sup> Grade Students

• Every **Tuesday Starting February 5th Ends on Tuesday April 30th**

• **NON CONTACT WORKOUTS**

• Meet in the Weight Room - *Athletic Shoes & Cleats Recommended*

• Tues. 4:45pm –6pm

• \$5 per session or Prepay for 11 days for \$50

• Checks Payable to P.V.P.H.S. Football Club

**Coached By:**

David Young, Head Football Coach & Staff

**Area of Focus**

*Flexibility, Speed Development,*

*Core Training*

*Weightlifting & Strength Training Technique*

*Plyometrics, Functional Movements, Position Specific Training & Development*

**Questions? Contact Coach Young: [penpantherfootball@gmail.com](mailto:penpantherfootball@gmail.com)**



Athlete: \_\_\_\_\_

Age: \_\_\_\_\_

Current School: \_\_\_\_\_

Current Grade Level \_\_\_\_\_

Address: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Cell: \_\_\_\_\_



Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Health Concerns/Allergies: \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

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

\*ASB Sponsored Event

