

2018 Peninsula Panther Youth Strength, Speed & Agility Camp Open to All 6th/7th/8th Grade Students

- Every **Tuesday** Starting February 13 Ends on **Tuesday May 1st**
- **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 & the
Peninsula Panther Football Coaching 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

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*



