The Third Annual 2011 G'town Hawks Pre-Season Mini Football Conditioning Camp

August 1, 2 & 3rd, 2011

This **"Third annual"** 3 day mini- camp will provide your son the opportunity to be part of a progressive professionally designed conditioning program focused on eliminating injury and improving pre-season conditioning levels prior to the start of the season.

However this is not just about working out and running….

Athletes will also have a chance to get their hands on the football and their fellow teammates by taking part in **BATTLE BALL** games that will help get their football juices flowing and their confidence sky rocketing.

Camp Details

Dates: August 1-2-3rd **Time:** 5:30-7:00 pm **Location:** Friedenfeld Park football back practice fields by goal posts

Camp Coach: Dave Schmitz (Youth Conditioning Specialist and Volunteer Strength and Conditioning coach Germantown High School). Dave will also be assisted by Germantown varsity football players

Who Should Attend: Any incoming 6th-7th or 8th Grade Hawks Football player who wants an edge come opening day

What should athletes bring: Filled Water bottle/s – Cleats and running shoes - Dark & White Tee-Shirt

Cost: $35

Special Note: This is not a mandatory camp and all youth coaches are prohibited from attending due to Youth Football Regulations.

(Return this portion of form with payment)

Circle: Incoming Grade: 6th – 7th – 8th Cost: $35

Name:_____ **Address:**_____

Phone: _____ **City, Zip**_____

Email Address: _____

Mail and Make Checks payable to: **Performax – Performance Training**
W161 N11115 Meadow Dr Germantown, WI 53022

As a parent or legal guardian of the above student, I hereby waive, release, indemnify and hold harmless Performax Performance Training LLC, all coaches or assigns associated with the Camp in any way from any injury or liability whatsoever which may result from the student athlete participating in the this camp. Further, I hereby affirm that the student is medically able to participate in the camp without limitations.

Signature of Guardian or Parent _____ Date____/_____