



# HAWK NATION



## STRENGTH & CONDITIONING CAMP

Due to so many athletes being involved in Thursday-Sunday weekend tournaments, we are moving to a 3 day per week schedule and adding a 7<sup>th</sup> week to S&C Camp.

VACATION WEEKS: May 24<sup>th</sup> – June 2<sup>nd</sup>, June 27<sup>th</sup> – July 7<sup>th</sup>, July 18 – 23<sup>rd</sup>, July 27 – Aug 4<sup>th</sup>

DATES: June 3<sup>rd</sup> - June 26<sup>th</sup> (Mon-Wed)  
July 8<sup>th</sup> - 10<sup>th</sup> (Mon-Wed) July 15 -17<sup>th</sup> (Mon-Wed)  
July 24 - 26<sup>th</sup> (Wed-Fri due to THSCA Coaching School)

\*\*\*If baseball makes STATE, June 5<sup>th</sup> will be cancelled so all athletes can support PG baseball in Austin

LOCATION: PLEASANT GROVE HS INDOOR FACILITY FOR MS & HS ATHLETES

COST: \$150 7 Week Program

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

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

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

**\*\*\* Please fill out this form and return to Pleasant Grove HS or mail 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 NEXT YEAR (2024-2025): \_\_\_\_\_

Male/Female: \_\_\_\_\_ Sports you plan to play: \_\_\_\_\_

IMPORTANT FOR REGISTRATION PURPOSES: Please mark the appropriate box with an X:

\_\_\_\_\_ All Incoming 7<sup>th</sup> – 12<sup>th</sup> Girls 8:00am-10:00am

\_\_\_\_\_ All Incoming 7<sup>th</sup> – 8<sup>th</sup> Boys 8:00am-10:00am

\_\_\_\_\_ All Incoming 9<sup>th</sup> – 12<sup>th</sup> **Boys Non-Football Athletes** 8:00am-10:00am

\_\_\_\_\_ All Incoming 9<sup>th</sup> Football Players 9:00am – 11:00am

\_\_\_\_\_ All Incoming 10<sup>th</sup> – 12<sup>th</sup> Football Players 9:30am – 11:50am

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: \_\_\_\_\_