

GIRLS 2020 INDIANS COURSE

TAKE ADVANTAGE OF THIS SEVEN-WEEK COURSE TO IMPROVE YOUR OVERALL ATHLETICISM! INCOMING 7TH THROUGH 12TH GRADE ATHLETES ATTENDING PNGISD ARE ELIGIBLE FOR ATTENDANCE AND WILL BENEFIT GREATLY FROM THIS STRUCTURED CAMP!

Camp Dates:

June dates: June 8 – 11, June 15 – 18, June 22 – 25, June 29 & 30

July dates: July 9 & 10, July 13 – 16, July 23 & 24, July 27 – 29

SESSION #1

INCOMING 7TH & 8TH GRADE GIRLS

12:00 AM – 1:30 PM: INDIANS COURSE

SESSION #2

INCOMING 9TH, 10TH, 11TH & 12TH GRADE GIRLS

2:00 PM – 3:30 PM: INDIANS COURSE

3:45 PM – 4:45 PM: sports specific training
(tba by head coaches weekly)

Instructors: PNGISD Coaching Staff

Locations: PNG High School Gyms and Weight Rooms

*(***IMPORTANT INFORMATION: ATHLETES WILL ENTER FROM THE COMPETITION GYM FRONT DOORS AND EXIT THROUGH THE AUXILIARY GYM SIDE DOORS INTO THE BAND/AUTO PARKING LOT***)*

Equipment Needed: Modest workout attire, athletic shoes and **YOU MUST BRING YOUR OWN WATER AND HAVE IT LABELED WITH YOUR NAME EACH DAY. WATER WILL NOT BE PROVIDED BY THE SCHOOL.**

Camp Fee: Cash and Checks are acceptable. Please make checks payable to PNGISD.

→\$50.00 registration fee for one camper, with \$25.00 for additional siblings

→\$25.00 for PNGISD employees

You will sign up the first day of camp (Monday, June 8th). DO NOT MAIL IN YOUR REGISTRATION.

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INDIANS COURSE 2020 GIRLS REGISTRATION FORM

Athlete's Name: _____

Session #: _____

2020 – 2021 Grade: _____

2020 – 2021 Campus: _____

Parent/Guardian Name: _____

Phone: _____

Emergency Contact: _____

Phone: _____

T-shirt Size: All Adult Sizes

Small

Medium Large

XL

2XL

Parent and Participation Agreements

→I give permission for my student to participate in all activities during "Indians Course." I am not aware of any medical problems/conditions that would prohibit my student from participating in any activity during the program.

→I release the Port Neches – Groves ISD, its employees, and agents from all responsibility and liability in case of physical injury or loss of personal property.

→I understand I may not leave my student unless a staff member is present at the facility.

→I understand my student may be removed from "Indians Course" for failure to observe PNGISD student code of conduct or inappropriate behavior that endangers themselves or others.

COVID-19 AGREEMENTS

→If you/your student are experiencing cold or flu-like symptoms, please do not attend camp for 14 days

→Do not come in contact with anyone 65 years or older for the duration of camp and 14 days after camp ends

Parent/Guardian Signature

Date