

## Registration

Name \_\_\_\_\_

Female  Male  Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Hm Phone \_\_\_\_\_ Wk/Cell Phone \_\_\_\_\_

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

Phone Number \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

*Please circle*

T-shirt size (youth)    S    M    L

T-shirt size (adult)    S    M    L    XL

**Information and Authorization:** I give permission for my son or daughter to participate in the Youth Summer Training Program. I authorize administration of first aid and for the camp staff to secure the services of a hospital or physician in the event of accident or illness. Beaverton School District, Greg Fisher and camp staff is released from any liability and for any financial obligation that may occur as a result of my son or daughter's participation in this camp. I accept full responsibility for any payment and medical costs incurred.

\_\_\_\_\_  
Parent/Guardian Signature

Visit:

<http://www.westviewyouthfootball.com/>  
for more information

### Contact Information

[barry\\_dillard@beavton.k12.or.us](mailto:barry_dillard@beavton.k12.or.us)

[ryan\\_atkinson@beavton.k12.or.us](mailto:ryan_atkinson@beavton.k12.or.us)

Westview Athletic Department  
C/O Ryan Atkinson  
Westview High School  
4200 NW 185<sup>th</sup> Ave.



## 2009 Youth Summer Training Program

Sponsored By



**For Incoming  
5<sup>th</sup> - 8<sup>th</sup> Graders**

### Program Features:

Technique training in

- Speed
- Agility
- Power
- Flexibility

## Program Overview

### Objectives

- Instruct students on proper running form as well as speed resistance training.
- Introduce flexibility training to prevent injuries and increase joint range of motion improving overall athletic performance
- Introduce agility and power training techniques through plyometrics, jumping rope and agility stations

### Benefits

- Increasing overall athletic performance by sports specific training with a focus on injury prevention.
- Work with high school athletes in the program.
- Create readiness for high school athletic programs.

**When**  
June 22<sup>th</sup> – August 21<sup>st</sup>

**Hours**  
Tues. 9:00 a.m. - 10:15 a.m.  
Thurs. 9:00 a.m. - 10:15 a.m.  
Fri. 9:00 a.m. - 10:15 a.m.

**Where**  
Westview High School Stadium  
4200 NW 185<sup>th</sup> Ave.  
Portland, OR 97229

**Schedule**  
Please be prompt and ready to begin at 9:00 a.m.

Morning Warm Up  
Station Training  
Conditioning  
Core Training  
Cool Down

August 3<sup>rd</sup>-7<sup>th</sup> Dead Week  
No Training

**Staff**  
Westview High School Football Staff

## Registration

### Registration Fees:

*Registration (by June 1<sup>st</sup>)*

5<sup>th</sup> and 6<sup>th</sup> Grades: \$100

7<sup>th</sup>- 8<sup>th</sup> Grades: \$150

*(Fee includes the Wildcat Iron Readiness camp. The Readiness camp is only available to 7<sup>th</sup> - 9<sup>th</sup> graders.)*

Make checks payable to Wildcat Iron.

Registration includes a camp T-shirt

Mail or drop off pre-registration form by June 1<sup>st</sup> to:

Westview Athletic Department  
C/O Ryan Atkinson  
Westview High School  
4200 NW 185<sup>th</sup> Ave.  
Portland, OR 97229

Complete and sign the registration form located on the back.

**Camp Attire-** Athletes should wear appropriate work out attire including sports shoes.