

## 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 Pre- Weight Training Readiness Camp. 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, Ryan Atkinson and camp staff are 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

**wildcatiron.com**

for more information

### Contact Information

ryan\_atkinson@beavton.k12.or.us

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



# Westview All-Sport

**Pre-Weight Training  
Readiness Camp  
Sponsored By**



**Strength & Agility**

For incoming 7<sup>th</sup> 8<sup>th</sup> and 9<sup>th</sup>  
Grade  
Boys and Girls

### Camp Features

*Technique training in*

- Safety
- Core Lifts
- Base Exercises
- Flexibility
- Agility

This program focuses on technique with no heavy lifting.

## Camp Overview

### Objectives

- **Instruct students on fundamentals of weightlifting in preparation for the High School Weight training program**
- **Teach proper weightlifting procedures such as spotting, team coaching and general weight room safety**
- **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

- **Increase awareness of proper lifting and safety techniques.**
- **Create readiness for high school weight program.**
- **Work with high school athletes in the program.**

When  
**July 6-9th**

### Camp Hours

Mon. 2:00 p.m. - 4:00 p.m.  
Tues. 2:30 p.m. - 4:00 p.m.  
Wed. 2:30 p.m. - 4:00 p.m.  
Thurs. 2:00 p.m. - 4:00 p.m.

### Where

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

### Camp Schedule

**Please be prompt and ready to begin at 2:00 p.m.**

**Morning Warm Up  
Safety and Core Lift Station  
Power and Agility Station  
Auxiliary Station  
Base Exercise Station  
Group Flexibility Training**

### Special Camp Staff

**Head Football Coach Greg Fisher  
&  
Head Volleyball Coach Anna Dillard**

## Registration

### Registration Fees:

Special: Camp fee reduced from  
\$100

***Pre Registration (by June 15<sup>th</sup>) – \$50  
Camp Day Registration - \$60  
If Registered in any Westview Sport  
Camp- \$40***

***For registered participants in the  
Westview Football 2009 Youth Summer  
Conditioning Program no payment is  
required for this camp. Your fee has  
been included in your Youth Summer  
Conditioning Program registration.***

**Registration includes a camp T-shirt**

**Mail or drop off pre-registration form  
by June 15<sup>th</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.**

**For more information contact:  
Email: ryan\_atkinson@beavton.k12.or.us**

### Camp Attire

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

