

PH



FOOTBALL CAMP

DATES & TIME

May 31 – 6th & 7th Grade Only

June 1 – 6th & 7th Grade Only

3:10-5:00

Ride pick up in bus loop no later than 5:15

ACTIVITIES AT CAMP

Conditioning

Strategies

7 on 7 flag football

NEEDED TO ATTEND

Current Sports Physical

Athletic clothes

Cleats (not required)

<http://www.wakecountyathletics.com/pinehollow>



ADDITIONAL INFO

WHY ATTEND

-Work on your athletic skills

-Get in shape

-Learn the game

-Play 7 on 7 with friends

-Prepare for 2017 Season!

SPORTS PHYSICAL

-From a Medical Professional

-Within the last 365 days

-On the Wake County Form

-Complete Concussion Form

COACHES

Head Coach: Coach Newby

Asst Coach: Coach Forbis

Asst Coach: Coach Farlow

STAY UP TO DATE

Check the Athletics website for updates!

Go PILOTS!