

SPRING CLINIC AND SUMMER FOOTBALL CAMP 2009

Get ready for FOOTBALL SEASON!!! Ponderosa Football will conduct a spring clinic for boys entering 10th through 12th grade and summer training for boys entering 9th through 12th grade.

This will be a non-contact camp.

Sign up now for these fun and exciting programs.

SPRING CLINIC AND SUMMER CAMP ACTIVITIES WILL INCLUDE:

Weightlifting and Conditioning

On Field Strategies

Skill Practices: Both Individual and Team

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| Grades: | Spring Clinic Boys entering 10 th to 12 th Grade |
| Dates: | May 4 - 8 & 11 - 15, 2009 (Monday - Friday) |
| Times: | 3:00-5:30 PM |
| Grades: | Summer Camp Boys entering 9 th to 12 th grade |
| Dates: | |
| JV & Varsity | June 8 to July 23 (no camp weeks of June 22 to July 2) |
| Freshman | July 6 - 23 |
| Days & Times: | Mon., Tues., Wed., & Thurs, 5:00 pm - 7:30 pm |
| Fees: | \$44.00 per participant ** when paid by deadline - see below |
| Location: | Ponderosa High School Weight Room 3661 Ponderosa Road, Shingle Springs |
| Registration: | Send registration form and check to: CPCSD, 3200 Country Club Drive, Cameron Park, Ca. 95682 |



OR come in and register at the CPCSD offices at 2502 Country Club Drive
9:00 am- 5:00 PM Monday – Friday, Or on line at: www.cameronpark.org

**Pre - registration must be done in order to participate in spring and/or
summer program - DEADLINE APRIL 30 (SPRING); JUNE 4 (JV/VARSITY SUMMER);
JULY 2 (FRESHMAN) - **LATE FEE WILL BE ASSESSED AFTER THESE DATES**

**FOR MORE INFORMATION PLEASE CHECK WEB SITE: www.ponderosafootball.org
(Please fill out Release Form on Back)**

