

\$ 60 - Registration Form Below

Grades
6 - 7 - 8

Coach Sai's 2008
Summer Strength Camp

Grades
6 - 7 - 8

Questions: 503-347-5272 sai_p91@hotmail.com

Tuesdays and Thursdays
June 24 - July 31
12 pm - 1 pm
West Linn High School Weight Room

Coach Sai Poulivaati is a Physical Education Teacher at Rosemont Middle School and Varsity Football Coach at West Linn High School. While in college Coach Sai Played Varsity Football at Oregon State University and then played 9 years of Pro Football. This camp is design specifically for middle school age students. Athletes, Non-Athletes, Boys and Girls will all benefit from this age appropriate program. Proper form and technique will be taught along with weight room safety. The program will include Warm-up, Stretching, Core Training and Strength Training using both machines and free weights.

Please send Registration to:

PMB # 251

19363 Willamette Drive

West Linn, Or. 97068-2010

Make Checks to: "West Linn High School"

Campers Name: _____

Parent or Guardians Names: _____

Street _____

City _____ Zip _____ Age _____ Grade: _____

Phone _____ Cell _____ Emergency # _____

I hereby register my student for the above camp and authorize the staff to direct them in participation in camp activities. I authorize the directors of the camp to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release the camp and instructors from all liability for any injuries while at camp. I certify that my son is covered by medical insurance and is physically and mentally fit to participate in your program. I have communicated with camp staff in writing any medical conditions that they should be aware of.

Parent or Guardian

Signature _____

Date _____