

GREENSBURG RECREATION YOUTH FOOTBALL
CONDITIONING CAMP
2010

- FOR: Anyone who plans on playing football in the Recreation program.
Ages 7-12 years old -- must turn 7 before August 1, 2010 and
cannot turn 13 before August 1, 2010
- WHEN: August 9-Aug.13 from 5:30 p.m. until 7:00 p.m. (Monday-Friday)
- WHERE: Lynch Field -- Practice Field
- COST: FREE
- WHAT TO WEAR: T-shirt and shorts, football shoes or athletic shoes (do not wear uniform)
- WHAT TO BRING: Water bottle
- EQUIPMENT HANDOUT: July 27-Aug 6. You must call the Recreation Dept. Office to make an appointment to get equipment. You need to have all of your equipment before August 16th, the first day of the regular season practice.
- NOTE: This is not a mandatory camp to participate in the program, but it is recommended that players try to attend to get familiar with the drills.

CONDITIONING CAMP

Name _____ Team _____
Develop. _____
Phone 724-_____ JV _____
Varsity _____

T-Shirt Size
Y-L _____ A-S _____
A-M _____ A-L _____ A-XL _____

***Must be signed up by July 30, 2010 to get a t-shirt.**