

**Sea King Football
Summer Program 2010**

Dates: June 15th – July 23rd

Practice Times: Varsity/JV will meet from 3:00-5:30pm
Freshmen will meet from 4:00-6:30pm

Days: **Monday thru Friday**

What to bring: Athletic shoes, cleats, sport drinks, sun-screen, snack.

What to expect: Weight training, agilities, speed training, Sea King Football!

Cost: \$380.00 (due by June 1st)

Make checks payable to: PVHS Summer Athletics Programs- Football
(with player's name on it please)

Send to: Guy Gardner/Head Football Coach
Palos Verdes High School
600 Cloyden Road
Palos Verdes Est., Ca. 90274

We will be off from July 24th thru August 15th. The fall season officially starts on **Monday August 16th for all levels. You must be cleared to play.**

NOTE: When purchasing cleats, please make sure they are mostly black (ok to have white on them, as long as it's mostly black).

GO SEA KINGS!

Please detach bottom portion and return with your payment. Thank you.

Player_____

Address_____

Parent Phone_____

Parent Email_____

A \$25.00 Fee will be charged for all refunds / Your cancelled check is proof of enrollment