

Ferris High School - Official Summer Athletic Camp Schedule 2017

Camp No.	HS	Activity	Area	Next Year's Grade	Days	Time	Start	End	Fee
F1	Ferris	Girls Basketball	Gym	1-6	M-F	8-10 a.m.	6/19	6/22	\$45.00
F2	Ferris	Girls Basketball	Gym	7-9	M-F	10 a.m. to noon	6/19	6-22	\$45.00
F3	Ferris	Girls Eat Train Lead*	Weights/Fields	8-12	M-Th	7:30 -9 a.m.	6/19	7/31	
F4	Ferris	Boys Basketball	Gym	4-8	M-Th	10 a.m. to noon	6/19	6/22	\$40.00
F5	Ferris	Boys Basketball	Gym	1-6	M-Th	8 -10 a.m.	6/19	6/22	\$40.00
F6	Ferris	Saxon Football Camp	Fields	3-8	M-Th	10 a.m. to noon	6/26	6/29	\$40.00
F7	Ferris	Girls Volleyball	Gym	1-6	M-F	11:45-1 p.m.	6/26	6/30	\$35.00
F8	Ferris	Freshman Football Camp	Fields	9	M-Th	3:45-5:30 & 9-12	6/5	6/8	
							6/12	6/14	\$100.00
							6/17	6/17	
F9	Ferris	Boys Advanced Eat Train Lead*	Weights/Fields	9-12	M-Th	9-10:30	6/19	7/31	
F10	Ferris	Boys Intro to Eat Train Lead*	Weights/Fields	8-9	M-Th	10:30-12:00	6/19	7/31	
F11	Ferris	Slowpitch	Softball Field	8-12	W, Th	10 a.m. to noon	7/27	7/28	no fee
F12	Ferris	Girls Volleyball	Gyms	7-12	M-F	9-11:45 a.m.	6/26	6/30	\$45.00

*Camps F3, F9, F10 will be run by U District PT Staff and will utilize the Eat/Train/Lead curriculum to implement an integrated nutrition, sports strength and conditioning, and leadership and character development program.

Registration Information

- REGISTRATION** for summer athletic camps is coordinated by the high school Business Office. Registration may be done in person, by mail to the high school Business Office, or online at www.spokaneschools.org. To access the online payment link, select the Quick Access tab, then Parents, then Online Payments box. Online payments are also available on the Ferris web site. Click on "Guest User" to register and pay without a User Name and Password, or use your student's account to register and pay online (User Name = Student ID; Password = student's last name). Spokane Public Schools' students with a documented low income status will not be refused for inability to pay. Contact the high school if you need financial assistance. Early registration is suggested to avoid possible camp cancellation.
- REFUNDS:** Once you complete your registration and payment, refunds will not be permitted. However, camps not meeting a minimum enrollment may be cancelled with all participants given an opportunity to participate in another camp or receive a full refund.
- INSURANCE INFORMATION:** All camp participants are required to have insurance coverage. School insurance (24 hour coverage) purchased for the 2016-2017 school year will remain in effect for summer athletic camps.

Student Name _____

PAYMENT INFORMATION:

Parent/Guardian _____

Camp No(s) _____

Phone No. (during time of camp) _____

Camp Fee(s) _____

Email address _____

Next Yr's School _____ Next Yr's Grade _____

Parents/Guardians Of Athletic Camp Students:

All athletic camp students need to be covered by a medical/accident insurance policy. I understand that my child may not participate in summer athletic camps unless he/she is covered by a medical/accident coverage plan. I do accept full responsibility for the cost of treatment or any injury sustained and not covered by our family medical insurance while taking part in the athletic camp(s).

Parent/Guardian Signature _____

Date _____

FERRIS HIGH SCHOOL SUMMER STRENGTH CAMP



June 19th – August 11th
Monday through Thursday

Girls 8th-12th grade

7:30a – 9:00a

Boys 10th-12th grade

9:00a – 10:30a

Boys 8th-9th grade

10:30a – Noon

Cost: \$160 + tax for 8 weeks

SIGN UP TODAY AT UDISTRICTPT.COM!

Camp held in Ferris High School's weight room

EAT

Learn simple ways to improve your energy on the court, field and classroom from a licensed sports nutritionist. Every week you'll work on a new eating habit to transform the way you feel, look, and perform.

TRAIN

Our team of CSCS Strength Coaches will test and train you to build strength, speed & agility, quickness and vertical jump. Each session will be encouraging and challenge you to be your best.

U-District PT is the exclusive strength & conditioning provider for Gonzaga University Athletics.

LEAD

Leadership is a skill that needs to be learned and practiced. We'll help define what true success is by using the servant-leadership model and John Wooden's Pyramid of Success. Every week you'll learn a new way to be a great teammate and person.

Questions:

Email TJ Conley
tj@udistrictpt.com

For Help Signing Up:

Call Cyndee
458-7686