PACIFIC LUTHERAN UNIVERSITY FOOTBALL

GRIDIRON TEAM CAMP

2026 CAMP REGISTRATION

Each team's coach or designated representative will be responsible for:

1. REGISTERING ALL CAMPERS
2. SUBMITTING COMBINED CAMP FORMS
   - Registration
   - Copy of physical (provided by physician)
3. MAKING PAYMENT FOR CAMP FEES

Details:

- All payments and forms will be alphabetically submitted by the team's coach/team volunteer in a single notebook.
- No refunds will be made for campers dismissed from camp for disciplinary cause.
- Refunds for any athletes injured and required to leave camp will be on a case-by-case basis.
- Parents grant permission for their child's photograph or video to appear in promotional material regarding future camps.

Camper Information

Name_____ Age_____

Home Address _____

City _____ State_____ Zip _____

Email _____ Cell Phone _____

School _____ Grade Entering Fall 2026 _____

Date of Birth _____HT _____ WT _____ Primary Position _____

LIABILITY WAIVER 2026

I, the undersigned, individually and as a parent/guardian of (camper), a minor, ask that he be admitted to participate in the Gridiron Champions Team Football Camp. I do hereby agree to release, discharge and hold harmless PLU/PLU Football and Steve Gervais Academy employees and volunteers from any and all liabilities, claims, costs, expenses, injuries and or/losses, that I or my minor child may sustain as a result of my minor's attendance at the sport camp or in the course of competition and / or activities held in connection with the sport camp. I hereby give consent for medical treatment and agree to assume all responsibility for payment of medical bills and expenses. I will be responsible for filing all claims with all insurance companies. I give permission for this form and my child's medical physical to be released to a medical professional/facility should my child need treatment or care. Additionally, by signing this Liability Waiver, I acknowledge that I have read and reviewed the High School Concussion Form.

Signature of Parent/Guardian _____ Cell Phone_____Date_____

Emergency Contact _____Relationship_____Phone_____

Family Physician _____Phone_____

PACIFIC LUTHERAN UNIVERSITY FOOTBALL

GRIDIRON TEAM CAMP

Date: June 19-22, 2026

PLU Football has partnered with Steve Gervais Academy for our 4th **PLU Football Gridiron Team Camp**.

Head PLU Coach, Brant McAdams, has been coaching small college football for 20 years with the last 8 years leading the PLU Football program. ***Coach Steve Gervais*** is a native of the State of Washington and has coached high school football for over 30 years and was an assistant coach for one year at the University of Washington. ***Together***, they are excited to host a Washington State High School Football team camp that allows the player's skills to be improved by their HS coach in an atmosphere where team unity, attitude, competition and belief can be developed in the critical summer months heading into the fall season.

This was the basis of the Gridiron Team Camp that Steve Gervais started 15 years ago and has been brought to PLU in partnership with the Lutes football program. ***The goal is to enable both the coaches and individual athletes to develop team skills and the mental edge to compete for a championship season.***

THE BASICS

The PLU Football Gridiron Team Camp is a full-contact camp for high school football programs. PLU Football will be hosting the 2026 Team Camp at Pacific Lutheran University in Tacoma, Wash.

This year's camp will commence on Friday, June 19, 2026 and end on Monday, June 22, 2026. Teams will either be staying overnight in campus housing or will be commuting from their respective schools. Campers and staff will take meals in the Commons Dining Hall and daily meals are included in the cost of the camp.

Monday, June 22ndrd, is the final day and scrimmages will begin at 9:30 am and end at 11:30 am. Families and friends are invited to attend! Dorm checkout immediately after.

ON THE FIELD

Throughout the camp, individual instruction will be provided by the athlete's high school coaching staff. This allows the coaches from each high school to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes.

Following individual instruction, each team will be involved in a crossover team session. During this time, teams will have an opportunity to compete and scrimmage against another team at a scrimmage tempo agreed upon between both head coaches. To maximize availability for the season, most teams utilize THUD Tempo. This tempo is demonstrated at the beginning of camp to all teams and coaches for continuity.

Throughout camp, we will hold a LUDUS competition for all varsity and JV teams which is one play at a LIVE tempo. The competitive situation is completely random. We will crown a LUDUS Champion on Sunday.

AFTER PRACTICE

Certified athletic trainers will be on site for all practices and will be available to assist athletes 24 hours per day. Evening activities include: 7-on-7 competitions, lineman challenges and team building activities.

LOGISTICS

Resident campers will not be permitted to leave camp at any time except by permission of the Camp Director and their Head Coach. At the conclusion of the final day of camp, athletes and coaches will return to pack, clean and check out of their dorm. A staffer must approve your room for damage assessment and confirm that all keys are turned in. There is a $100 Lost Key charge and any room damage cost will be discussed with camp staff, player(s) and Head Coach to determine course of action .

PHYSICALS & INSURANCE

All camp participants are required to provide a current non-returnable physical fitness release from their physician. Athletes will also be required to provide emergency contact information to participate. Athletes will NOT be permitted to participate without all forms filled out completely with current information and turned in at time of registration.

WHAT TO BRING:

- Towels, Washcloth
- Personal toiletries
- Football cleats for practice
- Sneakers or slides for the interior of buildings
- Soap, sunscreen
- Spending money - Late Night Pizza Orders
- SLEEPING BAG OR BEDDING/PILLOW

Rental equipment will NOT be available

GoLutes.com
Instagram & Twitter: @PLUFootball

PACIFIC LUTHERAN UNIVERSITY FOOTBALL

GRIDIRON TEAM CAMP

DAILY SCHEDULE

2026 PLU Gridiron Team Camp Daily Schedule

Friday 6/19/26	
10:30am - Noon	Overnight Teams Check In
12:00-12:45pm	Commuter teams Check In
1:30 PM	Head Coaches Meeting
2:30 PM	All Camp Meeting (On Turf)
2:45 PM	Practice
3:45 PM	Match Up Session
4:15 PM	Off Field
4:30-6:30pm	Dinner
4:45 PM	Lunch Group 1
5:10 PM	Lunch Group 2
5:30 PM	Lunch Group 3
7:15 PM	Practice Indy
8:15 PM	Match Up Session
8:55 PM	Ludus - Under the Lights

Saturday 6/20/26 & Sunday 6/21/26	
6:30-8:00am	Breakfast
8:30 AM	Coaches Meeting
9:15 AM	All Tamp Meeting (On Turf)
9:30 AM	Practice - Indy
10:30 AM	Match Up Session
11:10 AM	Ludus (JV Sat?)
11:30-1:00pm	Lunch Break
11:35 AM	Lunch Group 1
12:10 PM	Lunch Group 2
12:40 PM	Lunch Group 3
2:30 PM	Practice Indy
3:30 PM	Match Up Session
4:10 PM	Ludus
4:30-6:30pm	Dinner
4:35 PM	Dinner Group 1
5:10 PM	Dinner Group 2
5:40 PM	Dinner Group 3
7:00 PM	7on7 & Lineman Comp (Optional)
7:30 PM	7on7 & Lineman Comp (Optional)
8:00 PM	Off Field

Monday 6/22/26	
6:30-8:00am	Breakfast
8:15 AM	Coaches Meeting
8:45 AM	All Camp Meeting
9:00 AM	Team Warm Up
9:30 AM	Scrimmage Session 1
9:55 AM	Scrimmage Session 2
10:20 AM	Scrimmage Session 3
10:45 AM	Scrimmage Session 4
11:30 AM	Begin Check Out - Overnight Teams

GoLutes.com
Instagram & Twitter: @PLUFootball

2026 Team Camp - Check-in Kit

C oach:_____

School:_____

Check-In List:

- ☐ Code of Conduct Form & Camp Philosophy Agreement
  (please review with your team)
- ☐ Coach/Volunteer --- Duties & Contact Information
- ☐ Team Roster -- Excel Sheet Completed
  - Completed Player Registration / Contact
  - Concussion Release
  - Liability Waiver
  - Payment Received
- ☐ Camp Registration/Player Physicals match the # of Players/Coaches submitted for housing
- ☐ Physicals expire after 2 years–no older than 6/22/2024 to be eligible for play.
- ☐ Lost Key If a key is not returned at check-out, a $100 charge will be assessed per key

- Cost of the overnight camp is **$375.00 per camper.**
- For every 10 players attending, one coach is free. **Additional coaches** will cost **$285.00 per coach**.
- Cost of the commuter camp is **$210.00 per camper**.
- For every 10 players attending, one coach is free. **Additional commuter coaches** will cost **$60.00 per coach**.
- **Full Payment Due @ at time of Check-In and Registration.**
- **Cost of Camp for Overnight Players** includes: (Dinner Friday, June 19th, Saturday and Sunday, breakfast, lunch, and dinner), (Monday June 22nd, breakfast only.)
- **T-shirts** will be handed out to both overnight and commuter players.

GoLutes.com
Instagram & Twitter: @PLUFootball

General Information: Code of Conduct & Camp Philosophy Agreement

General:

This kit will be your resource for information regarding camp this year. Our goal is to make all the tedious tasks associated with camp much easier. Therefore, we have provided easy-to-follow directions and procedures for getting your program ready for camp. **First is our Code of Conduct**, which establishes a simple set of rules and guidelines for all teams. **Next is our Philosophy** outlining our commitment to your program and athletes to ensure we provide the highest quality experience possible. We have also included a page describing the responsibilities of the Coach Contact / Parent Volunteer, an important role that will assist us in keeping things organized. We hope this kit will assist you in preparation for camp and we ask you to please contact us with any questions. See our contact information on the last page of this packet.

Code of Conduct:

- Our program has assigned a Coach Contact / Parent Volunteer (see next page)
- Our coaching staff/athletes/parents will uphold a high standard of appropriate behavior
- Our Check-In Kit has been completed and is accurate to the best of our knowledge
- We will arrive on time for designated check-in

Camp Philosophy:

- PLU Gridiron Team Camp is a full contact camp. Individual instruction will be provided by the athletes own high school coaching staff. This allows the coaches from each high school to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes and program.
- Following individual instruction, each team will be involved in a team session. During this time, teams will have an opportunity to compete against one another.
- We will do our best to always provide a safe and fun atmosphere for competition and promote good sportsmanship. Our schedule is subject to change but we vow to keep lines of communication open and notify coaches and campers.

Parent/Coach Volunteer Contact

In order to maintain a high level of organization, this year we are asking that **every participating program** chooses someone to be the point of contact for general camp purposes. This individual can be: a parent involved with the program or the school, an administrator, faculty member or coach.

Responsibilities will include:

- Completing Check-In Procedure and presenting this Check-In Kit on the first day of camp.
- Acting as liaison to the coaching staff/program they represent during the camp session.
- Assist with distribution of keys and confirm room assignments with PLU personnel.
- Assisting with Check-out Procedure and serve as liaison with Pacific Lutheran University regarding room damage and lost keys.

Check-In Procedure

- 1. Arrive at scheduled Check-In Time (TBD)
- 2. Present completed Check-In Kit. (Current Physical and Registration forms COMPLETED for each player. To help speed up the check-in process, please have all physical forms alphabetized in one section and registration forms alphabetized in another section. NO PLASTIC COVERS)
- 3. Finalize Late Registrations
- 4. Make Final Payment based on number of players and paying coaches.
- 5. Work with PLU/SGA in distributing correct keys to players.

Parent or Coach Volunteer Contact Information

Name: _____

Phone: _____

Email: _____

PLU CAMP CONTACTS:

Brant McAdams, Camp Director: 210-683-9463

Steve Gervais, Camp Consultant: 425-246-9362

Graydon Kulick, Camp Coordinator: 763-412-0911

Erik Bainter, Camp Staff Manager: 206-965-5971

Athletic Trainers: To be distributed at initial coach's meeting

If any of the people above are unavailable and you have an emergency, please contact:

PLU Campus Safety: 253-535-7441

PLU Conference Servicess: 253-535-7450

CONCUSSION INFORMATION

Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators. coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

> "a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and
>
> "...may not return to play until the athlete is evaluated by a licensed heath care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/