



# PLEASANT GROVE

## STRENGTH and CONDITIONING CAMP

ONLY TURN IN THIS FORM IF YOU ARE NOT GOING THROUGH REVTRAK

**Prepare Now for the 2026–2027 School Year!** Our goal is to help every athlete reach their full potential. The work you put in during the summer will determine the success you have during the school year. This summer our coaching staff will offer a **Strength & Conditioning Program** that meets **four days per week for six weeks** to help athletes improve their strength, speed, agility, and overall athletic performance as they prepare for the upcoming 2026–2027 season.

**Location: Pleasant Grove High School Indoor Facility**

**Dates:** June 8 – June 25, July 6–July 23 (Monday–Thursday) **Time Off: June 26–July 5**

\*SELECT APPROPRIATE SESSION FOR YOUR ATHLETE

\_\_\_\_\_ **Session 1: INCOMING 9TH-12TH GRADE PG FOOTBALL PLAYERS ONLY:** 7:00 AM-9:00 AM

\_\_\_\_\_ **Session 2 (Girls): ALL OTHER ATHLETES-Incoming 7th–12th Grade Girl Athlete:** 8:00 AM – 10:00 AM

\_\_\_\_\_ **Session 2 (Boys): ALL OTHER ATHLETES-Incoming 7th–12th Grade Boy Athlete:** 8:00 AM – 10:00 AM

**Cost: \$100 per athlete (6-Week Program)**

**Payment Options** REVTRAK QR code (or on the PGISD website) or Check payable to PG Athletics

**Important Notes:**

● **Free/Reduced Lunch Athletes: Free but must register on RevTrak link**

- Only registered PG athletes enrolled with PGISD may participate.
- All athletes must have a current physical on record with PGISD
- Clothing: Wear comfortable athletic clothing and athletic shoes.
- Questions can be directed to Amy Collvins at [acollvins@pgisd.net](mailto:acollvins@pgisd.net)



**Registration: If paying by check, please complete the bottom portion of this form and mail or deliver it to:**

Attn: Amy Collvins  
Pleasant Grove High School  
5406 McKnight Road  
Texarkana, TX 75503

**Name:** \_\_\_\_\_ **Grade Next School Year:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Emergency Contact / Phone:** \_\_\_\_\_ **CHECK #** \_\_\_\_\_

**Parental Release:** This is to certify that my son/daughter has permission to participate in all Pleasant Grove Strength & Conditioning Camp activities. I understand that participation includes inherent risks and hazards. I agree to hold harmless the Pleasant Grove Hawk Strength & Conditioning Camp staff from any claims arising from injury to my child. In the event of injury, I give permission for my child to receive medical treatment at the nearest medical facility if necessary.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# HAWK SPORTS CAMPS



SCAN HERE TO SIGN UP

JUNE 8-9	SOFTBALL CAMP INCOMING 4-6 10:30-12:30 INCOMING 7-9 1:30-3:30 @ HS SOFTBALL FIELD	
JUNE 8-9	BASEBALL CAMP INCOMING K-9 12:00-1:30 @ HS BASEBALL FIELD	
JUNE 15-17	VOLLEYBALL CAMP INCOMING 1-5 5:00-6:00 INCOMING 6-9 6:00-7:30 @ HS PE GYM	
JUNE 15-16	FOOTBALL CAMP INCOMING K-6 6:00-7:30 @ HAWK STADIUM	
JUNE 15-17	BOYS BASKETBALL CAMP INCOMING 2-5 1:00-2:30 INCOMING 6-9 2:30-4:00 @ MIDDLE SCHOOL GYM	
JUNE 18-19	CROSS COUNTRY CAMP INCOMING K-6 10:30-12:30 @ HS TRACK	
JUNE 22-23	LADY HAWK BASKETBALL CAMP INCOMING 2-9 1:00-3:00 @ HS COMPETITION GYM	
JUNE 22-23	TRACK CAMP INCOMING K-8 6:00-7:30 @ HS TRACK	
JUNE 29-JULY 1	SOCCER CAMP INCOMING 3-5 8:00-9:30 INCOMING 6-9 10:00-11:30 @ HS INDOOR FACILITY	