

Palos Verdes Football 2019
"OFF" Period MUSTS

1. **RUN, LIFT, EAT A GOOD DIET, STRETCH, RUN, HYDRATE, and RUN!** You should devise a Running regimen that gets you in shape PRIOR to August 5th. This will a) Help strengthen your TEAM b) Get YOU in Shape c) Decrease the chances of injury d) Increase the chances of getting and staying on the Field. And, IT'S FREE! Where ever you are over the next 3 weeks, **RUN!** On a cruise, on the beaches of Hawaii, in Central Park, on the streets of London, or just locally, RUN...Run with Friends!

The **Weight Room** will be open **Monday-Thursday from 3:00-4:00pm** during those 3 weeks.

HYDRATION, DIET, and SLEEP are KEYS TO A SUCCESSFUL FALL CAMP!

2. Make sure you have all you need **Before August 5th!** Cleats, knee braces, other kinds of braces, gear (If you own your own helmet, it needs to be reconditioned with a 2019 sticker on it), special mouth pieces (if you don't like ours), etc.
3. You **MUST BE CLEARED** (including proof of insurance and a current physical) in order to participate on August 5th. **Clearance Packets** are available on our school's website. Please contact our Athletic Secretary Geri Zientek for needed information.
4. QB's **MUST THROW** to RECEIVERS, SNAPPERS **MUST SNAP**, and KICKERS **MUST KICK!**
5. Those who are in Summer School...**FINISH STRONG!**
6. **Enjoy your Break.** Get away from Football for a little bit, and get ready to...

DO What WE DO, With as Much EFFORT as WE CAN...
One Practice, One Play at a Time!

See you in the Locker Room ready at 10:00am August 5th!

PALOS VERDES FOOTBALL 2019...*EVEN MORE!*