

2024 Jackson Football SPA Camp

Jackson High School Football will offer SPA (Strength, Power, Agility) Youth Camp on:
July 16th, 17th, 18th, 23rd, 24th, and 25th.

The camp is designed for ALL boys and girls entering Grades 1-6 (2024-2025 SY)

Location: Jackson High School Football Field "The Pit"
Gates open at 7:45 am. Camp will be 8:00 am - 9:00 am.

We will be providing age and skill appropriate instruction on developing the following:
cardiorespiratory endurance, strength, stamina, flexibility, coordination, agility, balance,
accuracy, power and speed.

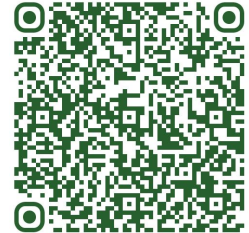
IF THERE IS A CANCELLATION DUE TO WEATHER, IT WILL BE POSTED HERE:
X- @JacksonHS_FB Facebook- Jackson Indian Football

Please fill out the Jackson Football SPA Camp Registration form and mail with payment to the
address below.

Registration Cost: \$60 total.
T-Shirt included if registered by July 12th.
T-Shirts handed out on last day
We will accept Walk-Ups but cannot guarantee T-Shirt

Cash or Check made payable to Jackson Football
VENMO - @jacksonfootball - (CASH OR CHECK PREFERRED)

Google Docs
Registration Form
instead of paper form!



Coach Nesbitt
Jackson High School Football
315 South Missouri
Jackson, MO 63755

Questions?
Coach Hermann
nehrmann@jr2mail.org

2024 Jackson Football SPA Camp Registration Form

Student's Name _____

School _____ Grade _____ Teacher _____

Parents Name _____ Cell Phone Number _____

Address _____ City _____ Zip _____

Parent's email (neatly please) _____

Insurance Provider: _____ Policy #: _____

T-Shirt Size: YS YM YL AS AM AL AXL A2XL

I give permission for my child to participate in the Jackson Football SPA Camp program. I will not hold the coaches or school district liable for any possible injuries that may occur during the program.

Parent's Printed Name _____

Parent's Signature _____