

# FASSKINS

A three week Speed and Strength development program for all athletes (male and female) in grades 3-12

July 8-11, 15-18, 22-25  
Monday - Thursday

*"Everybody wants to be a success. Not everybody is willing to do what they have to do to achieve it"*  
-Nick Saban

## FASSKINS SPEED AND STRENGTH CAMP

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Father's Name \_\_\_\_\_  
Father's Cell \_\_\_\_\_  
Mother's Name \_\_\_\_\_  
Mother's Cell \_\_\_\_\_

### Emergency Contact

1. Name \_\_\_\_\_ Phone \_\_\_\_\_  
2. Name \_\_\_\_\_ Phone \_\_\_\_\_

Fall 2019 Grade \_\_\_\_\_

10-12 grade 8:00- 8:50  
7-9 grade 9:00-9:50  
3-6 grade 10-10:50

\*Workouts will last 50 minutes.

Total amount enclosed \$ \_\_\_\_\_

\*Make Check Payable to Pocahontas Public Schools\*

# FASSKINS

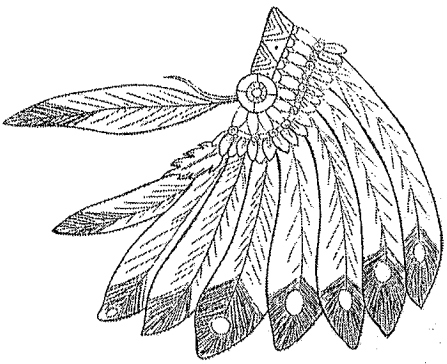
Speed and Strength  
Camp July 8-11, 15-18, 22-25



# Signature

I have read this brochure. I understand there is a risk of injury while participating in high intensity physical conditioning. In the event of an illness or injury, I authorize a Pocahontas Faculty Member to seek appropriate medical treatment in the event the parents cannot be reached. I also agree that FASSKINS Speed Camps or Pocahontas Public Schools are not liable in the event of an injury or illness. I understand the camp provides no insurance and that the participant is responsible for any medical expenses that might occur.

Parent of the Student Athlete Sign here



# Cost and Requirements to Attend

The FASSKINS Speed and Strength Camp is a high intensity training camp. Every participant must have a physical prior to the start of camp. Please attach a copy of the physical to the enrollment form. If you use a AAA approved physical form, it will carry over for 12 months. If you turn the physical into the school after the annual spring physicals, you do not have to attach a copy.

**Total cost of FASSKINS : \$30**

(Siblings add \$10 per child)  
Please fill out this brochure and send application, payment and copy of physical to:

**FASSKINS**

Attn: Casey Chester  
Pocahontas High School  
2312 Stadium Drive  
Pocahontas, AR 72455  
Make checks payable to :  
**Redskin Football**

\*Walk-up registration will be available on July 8\*

Any questions call Charles Baty@870-892-4573 ext. 4040 Or Casey Chester @870-378-6962 or  
charles.baty@pocahontaspsd.com  
casey.chester@pocahontaspsd.com

# Purpose of FASSKINS

The purpose of FASSKINS is to give our athletes(grades 3-12) the best possible tools to improve. All students, male and female, are encouraged to participate. All exercises will be supervised by the Pocahontas Football Staff. Water will be available at all times. Our goal is to provide a fun atmosphere while improving speed, strength, and agility of the athletes.

# Location of the Camp

FASSKINS will take place at the Dave Williams Athletic Complex and Schoonover Stadium.

# Reward

All participants who maintain perfect attendance will receive a F.A.S.Skin T-shirt.  
NO Exceptions will be made for any absence.

*"...we will chase perfection, and we will chase it relentlessly, knowing all the while we can never attain it. But along the way, we shall catch excellence."*  
-Vince Lombardi