## **ROYAL VALLEY ATHLETICS**



			JUNE				R				JULY			
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Y	Sun	Mon	Tues	Wed	Thur	Fri	Sat
28	29 Memorial Day	30	31	1	2	3	A L	2	3	4	5	6	7	8
4	5	6	7	8	9	10	V	9	10	11	12	13	14	15
11	12	13	14	15	16	17	A L	16	17	18	19	20	21	22
18	19	20	21	22	23	24	L	23	24	25	26	27	28	29
25	26	27	28	29	30	1	Y	N	o Ca	mp J	une 2	6th-J	uly 7	<u>th</u>

We are pleased to invite all **Royal Valley Students going into 3rd-6th grade** to a general athletic improvement camp from **8:00-9:00AM** on the dates indicated in gray on the above calendar. In this camp we instruct our future Panther Athletes in basic strength, speed, balance, coordination and plyometric movements. We also play games, such as tag, Agility Tic-Tac-Toe, React Rock-Paper-Scissors, Simon Says, etc. Everything we do is to help kids fall in love with training and competing together!!! We hope all parents/guardians in our community take advantage of this opportunity for our youth. If you have any questions please contact Coach Boucher at <a href="mailto:boucherd@rv337.org">boucherd@rv337.org</a>.

The cost: \$40 for 20 dates

Payment Options:

Check-Please make checks payable to Royal Valley Football

Cash

Venmo- @RV-Football

Jr. Panthers should bring their own water bottle and wear athletic clothes and shoes.

## **Registration Link Below**

https://forms.gle/hUcZXPn8BqFF8EXx9

