



PACKER

PREVIEW

# SUMMER PACKER PREVIEW YOUTH CAMP

FORM. FOOTWORK. FITNESS.  
FOR GRADE 7-8

Coached by Rollie Swedberg  
WFPS District Strength and Conditioning Coach  
Assistant Varsity Football Coach  
Health and Physical Education Teacher  
and  
Leah Swedberg  
WFHS Assistant Strength and Conditioning Coach  
Health and Physical Education Teacher

701-499-1827  
rswedberg@west-fargo.k12.nd.us  
lswedberg@west-fargo.k12.nd.us

# SUMMER PACKER PREVIEW YOUTH CAMP

### QUESTIONS:

Rollie Swedberg  
Leah Swedberg  
701-499-1827

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lswedberg@west-fargo.k12.nd.us

### PACKER PREVIEW CAMP FEE:

Session 1 (June): \$60.00  
Sessions 1 & 2 (June & July): \$100.00

### CHECKS PAYABLE TO:

Packer Power Camp

### MAIL REGISTRATION & WAIVER

#### FORM TO:

Packer Power Camp  
1625 14 Street S  
Fargo, ND 58103

## Clip and attach this registration form to your check

Packer Power Camp  
1625 14 Street S  
Fargo, ND 58103

\_\_\_\_\_ All Girls Session M and W 11:00am–Noon (check in at 10:45am)  
\_\_\_\_\_ Session I (\$60.00) or \_\_\_\_\_ Session I & II (\$100.00)  
\_\_\_\_\_ All Boys Session T and TH 11:00am–Noon (check in at 10:45am)  
\_\_\_\_\_ Session I (\$60.00) or \_\_\_\_\_ Session I & II (\$100.00)

Student's Name \_\_\_\_\_ Cell # \_\_\_\_\_ Grade Fall 2010 \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's Name \_\_\_\_\_ Daytime contact # \_\_\_\_\_ Cell # \_\_\_\_\_

Parent Email \_\_\_\_\_

T-Shirt Size (Circle One): Youth: S M L XL or Adult S M L

I hereby state that my child is covered by health insurance, and I understand that there are physical risks involved. My child is physically fit and able to fully participate in a rigorous strength and conditioning program. I will not hold Rollie Swedberg, his coaching staff or West Fargo High School responsible for any accidents.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

The Form, Footwork and Fitness Summer Packer Preview Youth Camp is designed to improve athleticism and address the sport specific needs of future West Fargo athletes.

The sessions are

- age-appropriate
- structured for the developmental needs of 7th and 8th grade athletes.

All-girls and all-boys sessions will be held twice a week from 11am– Noon and will

- teach proper form and technique for body weight exercises
- improve sport-specific agility/footwork
- enhance overall fitness during the summer months.

Training at West Fargo High School provides athletes with an excellent opportunity to train with friends and be trained by not only the High School coaches but High School boys and girls athletes as well.

### CAMP SESSIONS:

- **All Girls** Monday and Wednesday 11am–Noon. Open to all sports.
- **All Boys** Tuesday and Thursday 11am–Noon. Open to all sports.

**\*\* Sessions are limited to 60 athletes \*\***

#### SESSION 1: JUNE 7 - JULY 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	JUNE	1 OFF	2 OFF	3 OFF	4 OFF	5 OFF
6 OFF	7 Girls	8 Boys	9 Girls	10 Boys	11 OFF	12 OFF
13 OFF	14 Girls	15 Boys	16 Girls	17 Boys	18 OFF	19 OFF
20 OFF	21 Girls	22 Boys	23 Girls	24 Boys	25 OFF	26 OFF
27 OFF	28 Girls	29 Boys	30 Girls	1 Boys	2 OFF	3 OFF

#### SESSION 2: JULY 7 - JULY 29

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 OFF	5 OFF	6 OFF	7 Girls	8 Boys	9 OFF	10 OFF
11 OFF	12 Girls	13 Boys	14 Girls	15 Boys	16 OFF	17 OFF
18 OFF	19 Girls	20 Boys	21 Girls	22 Boys	23 OFF	24 OFF
25 OFF	26 Girls	27 Boys	28 Girls	29 Boys	30 OFF	31 OFF

### FACILITIES:

- WF High School weight room
- WF High School track & athletic fields

### SAMPLE DAILY WORKOUT:

- Check-in at 10:45am
- 5 minute warm-up
- 15 minutes from a combination of the following: speed, agility, or cardio conditioning utilizing ladders, hurdles and dot drills.
- 15 minutes of body weight exercises to improve form, muscle strength and endurance.
- 15 minutes of core and/or abdominal exercises
- 10 minutes of exercises to improve flexibility

### WHAT TO BRING:

- Athletic tennis shoes (no cleats or spikes)
- Clothing for indoor and outdoor weather
- Water bottle

### CAMP FEE:

- Session 1 (June): \$60.00
- Sessions 1 & 2 (June & July): \$100.00

Refunds or discounts will not be made for other camps or family vacations.

### CAMP CONFIRMATIONS:

Emails will be sent each Sunday to confirm your registration and session.

### WEBSITE / FACEBOOK:

[www.west-fargo.k12.nd.us/schools/wfhigh/activities/general/packerpowerprogram/](http://www.west-fargo.k12.nd.us/schools/wfhigh/activities/general/packerpowerprogram/)

- Camp Calendar
- Camp Brochure and Waiver Form

[www.facebook.com/group.php?gid=301826991955](http://www.facebook.com/group.php?gid=301826991955)

- West Fargo Agility, Speed & Strength Group
- Camp announcements/events
- Photos and videos of athletes performance

\*\*\*this page is only viewable to WF Agility, Speed and Strength members and is monitored daily by the coaches.

### ABOUT THE COACHES:

**Rollie Swedberg** is a Health and Physical Education teacher at the Sheyenne 9th Grade Center in addition to holding



a BS in Exercise Science and a minor in Nutrition from NDSU. Rollie is currently working on his master's in Sports Pedagogy. Since owning a successful personal training company for 4 years, he has been actively involved in the fitness and sports field for over 20 years. He is the District Strength and Conditioning Coach for West Fargo Public Schools and coaches varsity football. Swedberg has competed in a number of half marathons, half Ironman triathlon's and completed the Wisconsin 2009 Ironman Triathlon.

**Leah Swedberg** is a Middle School and High School Health & Physical Education teacher for WFPS as well as an Assistant Strength and Conditioning Coach at the West Fargo High School. Leah has over 10 years in the fitness industry and has coached Fargo Marathon runners for 3 years. Swedberg has completed numerous half marathons, 7 marathons and four 205-mile relays.

**Ed Mitchell** is a World Geography Teacher and the Strength and Conditioning Coach at the Sheyenne 9th Grade Center. Ed has been involved in athletics all his life. After playing football at NDSU, Mitchell began his coaching career and is now an Assistant Varsity Football Coach for WFHS. Ed is participating in this year's Fargo Marathon 5K!

**High School Athletes** from various sports will be assisting and mentoring the young athletes throughout the camp.

## ATHLETE ACKNOWLEDGEMENT OF RISK AND WARNING

I, (**Athlete Name**) \_\_\_\_\_ hereby acknowledge that I have been properly advised, cautioned, and warned by the proper administration and coaching personnel of the West Fargo Public School District that by participating in the activity of the *2010 Form, Footwork, and Fitness Summer Packer Preview Youth Camp*, I am exposing myself to the risk of serious injury, but not limited to, the risk of heat stroke and heat related injuries, sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in the above activity, and should I choose to participate in the above activity, I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in the above activity.

\_\_\_\_\_  
PRINT FIRST AND LAST NAME

\_\_\_\_\_  
SIGNATURE OF ATHLETE

\_\_\_\_\_  
DATE

## PARENTAL ACKNOWLEDGEMENT OF RISK AND WARNING

We, I, the parent(s) of (**Athlete Name**) \_\_\_\_\_ do hereby acknowledge that we/I have been fully advised, cautioned, and warned by the proper administrative and coaching personnel of West Fargo Public School District that our/my child named above may suffer serious injury including, but not limited to, heat stroke and heat related injuries, sprains, fractures, brain damage, paralysis, or even death by participating in the activity of the *2010 Form, Footwork, and Fitness Summer Packer Preview Camp*. Notwithstanding such warnings, and full knowledge understanding the risk or serious injury to our/my child named above which may result, we/I give our/my consent to (**Athlete Name**) \_\_\_\_\_ participating in the activity of the *2010 Form, Footwork, and Fitness Summer Packer Preview Youth Camp*.

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE