

# Catholic Grade School Conference



## FUNDAMENTALS / CONDITIONING CAMP 2017

Prior to the official start of the 2017 season (which begins August 1, 2017) any C.G.S.C. member parish may run pre-season fundamentals / conditioning camps subject to the following rules:

- Camp dates may be scheduled between:
  - Monday April 17 and Saturday July 22
  - Camp sessions may be conducted Monday through Saturday (No Sundays)
- Total camp time from April 17 to July 22 is not to exceed 24 total camp hours
- Camps must be supervised by C.G.S.C. ASEP Certified Coaches
- Players may not wear any football equipment other than cleats
- Physical contact is not allowed (footballs, cones, bags and other equipment may be used for non-contact drills and activities)
- C.G.S.C. "Summer Heat Rules" must be followed

This permission form, signed by the pastor, must be submitted to the league with the specific camp dates and times. Any changes, once submitted, must be approved by the Commissioner. Violation of any of the rules above may lead to C.G.S.C sanctions including forfeiture of games, suspension, and or expulsion from the league.

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### Permission Form

Member School / Parish Name: \_\_\_\_\_

Camp Location (print): \_\_\_\_\_

Camp Dates/Times (print):

1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.

Head Coach (print & sign): \_\_\_\_\_

Principal (print & sign): \_\_\_\_\_

***This form must be returned to the league office prior to the start of camp***

***Mail to: Frank Ribaldo, 2156 Primrose Lane, Naperville, Illinois 60565***

***Email to: leagueoffice@thecgsc.org***