



PACIFIC LUTHERAN UNIVERSITY FOOTBALL

GRIDIRON TEAM CAMP

2025 CAMP REGISTRATION

Each team's coach or designated representative will be responsible for:

1. REGISTERING ALL CAMPERS
2. SUBMITTING COMBINED CAMP FORMS
 - Registration
 - Copy of physical (provided by physician)
3. MAKING PAYMENT FOR CAMP FEES

Details:

- All payments and forms will be alphabetically submitted by the team's coach/team volunteer in a single notebook.
- No refunds will be made for campers dismissed from camp for disciplinary cause.
- Refunds for any athletes injured and required to leave camp will be on a case-by-case basis.
- Parents grant permission for their child's photograph or video to appear in promotional material regarding future camps.

Camper Information

Name _____ Age _____

Home Address _____

City _____ State _____ Zip _____

Email _____ Cell Phone _____

School _____ Grade Entering Fall 2025 _____

Date of Birth _____ HT _____ WT _____ Primary Position _____

LIABILITY WAIVER 2025

I, the undersigned, individually and as a parent/guardian of (camper), a minor, ask that he be admitted to participate in the Gridiron Champions Team Football Camp. I do hereby agree to release, discharge and hold harmless PLU/PLU Football, Steve Gervais Academy employees and volunteers from any and all liabilities, claims, costs, expenses, injuries and or/losses, that I or my minor child may sustain as a result of my minor's attendance at the sport camp or in the course of competition and / or activities held in connection with the sport camp. I hereby give consent for medical treatment and agree to assume all responsibility for payment of medical bills and expenses. I will be responsible for filing all claims with all insurance companies. I give permission for this form and my child's medical physical to be released to a medical professional/facility should my child need treatment or care. Additionally, by signing this Liability Waiver, I acknowledge that I have read and reviewed the High School Concussion Form.

Signature of Parent/Guardian _____ Cell Phone _____ Date _____

Emergency Contact _____ Relationship _____ Phone _____

Family Physician _____ Phone _____



PACIFIC LUTHERAN UNIVERSITY FOOTBALL

GRIDIRON TEAM CAMP

Date: June 20-23, 2025

PLU Football has partnered with Steve Gervais Academy for our 3rd **PLU Football Gridiron Team Camp**.

Head PLU Coach, Brant McAdams, has been coaching small college football for 20 years with the last 7 years leading the PLU Football program. **Coach Steve Gervais** is a native of the State of Washington and has coached high school football for over 30 years and was an assistant coach for one year at the University of Washington. **Together**, they are excited to host a Washington State High School Football team camp that allows the player's skills to be improved by their HS coach in an atmosphere where team unity, attitude, and belief can be developed in the critical summer months heading into the fall season.

This was the basis of the Gridiron Team Camp that Steve Gervais started 12 years ago and has been brought to PLU in partnership with the Lutes football program. ***The goal is to enable both the coaches and individual athletes to develop team skills and the mental edge to compete for a championship season.***

THE BASICS

The PLU Football Gridiron Team Camp is a full-contact camp for high school football programs. PLU Football will be hosting the 2025 Team Camp at Pacific Lutheran University in Tacoma, Wash.

This year's camp will commence on Friday, June 20, 2025 and end on Monday, June 23, 2025. Teams will either be staying overnight in campus housing or will be commuting from their respective schools. Campers and staff will take meals in the Commons Dining Hall and daily meals are included in the cost of the camp.

Monday, June 23rd, is the final day and scrimmages will begin at 9:30 am and end at 11:30 am. Families and friends are invited to attend! Dorm checkout immediately after.

ON THE FIELD

Throughout the camp, individual instruction will be provided by the athlete's high school coaching staff. This allows the coaches from each high school to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes.

Following individual instruction, each team will be involved in a team session. During this time, teams will have an opportunity to compete and scrimmage against one another at a scrimmage tempo agreed upon between both head coaches.

GoLutes.com
Instagram & Twitter: @PLUFootball



AFTER PRACTICE

Certified athletic trainers will be on site for all practices and will be available to assist athletes 24 hours per day. Evening activities include: 7-on-7 competitions, lineman challenges and team building activities.

LOGISTICS

Resident campers will not be permitted to leave camp at any time except by permission of the Camp Director and their Head Coach. At the conclusion of the final day of camp, athletes and coaches will return to pack, clean and check out of their dorm. A staffer must approve your room for damage assessment and confirm that all keys are turned in. There is a \$100 Lost Key charge and any room damage cost will be discussed with camp staff, player(s) and Head Coach to determine course of action .

PHYSICALS & INSURANCE

All camp participants are required to provide a current non-returnable physical fitness release from their physician. Athletes will also be required to provide emergency contact information to participate. Athletes will NOT be permitted to participate without all forms filled out completely with current information and turned in at time of registration.

WHAT TO BRING:

- Towels, washcloth
- Personal toiletries
- Football shoes
- Soap, sunscreen
- Spending money
- SLEEPING BAG OR BEDDING/PILLOW

Rental equipment will NOT be available



PACIFIC LUTHERAN UNIVERSITY FOOTBALL

GRIDIRON TEAM CAMP

DAILY SCHEDULE

MORNING SCHEDULE

7:00 AM Breakfast

8:30 AM Coaches Meeting

9:00 AM Camp Meeting

9:15 AM Team Stretch

10:15 AM Break

10:30 AM Team Period

11:40 AM Lunch

AFTERNOON SCHEDULE

2:15 PM Team Stretch

3:20 PM Break

3:30 PM Team Period

4:45 PM Dinner

6:30 PM 7-on-7 / Lineman
Challenge

10:30 PM In Rooms
(Lights Out @ 11 PM)



2025 Team Camp - Check-in Kit

Coach: _____

School: _____

Check-In List:

- ☐ Code of Conduct Form & Camp Philosophy Agreement
(please review with your team)
- ☐ Coach/Volunteer --- Duties & Contact Information
- ☐ Team Roster -- Excel Sheet Completed
 - Completed Player Registration / Contact
 - Concussion Release
 - Liability Waiver
 - Payment Received
- ☐ Camp Registration/Player Physicals match the # of Players/Coaches submitted for housing
- ☐ Physicals expire after 2 years--no older than 6/23/2023 to be eligible for play.
- ☐ Lost Key If a key is not returned at check-out, a \$100 charge will be assessed per key

- Cost of the overnight camp is **\$350.00 per camper**.
- For every 10 players attending, one coach is free. **Additional coaches** will cost **\$275.00 per coach**.
- Cost of the commuter camp is **\$195.00 per camper**.
- For every 10 players attending, one coach is free. **Additional commuter coaches** will cost **\$50.00 per coach**.
- **Full Payment Due @ at time of Check-In and Registration.**
- **Cost of Camp for Overnight Players** includes: (Dinner Friday, June 20th, Saturday and Sunday, breakfast, lunch, and dinner), (Monday June 23rd, breakfast only.)
- **T-shirts** will be handed out to both overnight and commuter players.



General Information: Code of Conduct & Camp Philosophy Agreement

General:

This kit will be your resource for information regarding camp this year. Our goal is to make all the tedious tasks associated with camp much easier. Therefore, we have provided easy-to-follow directions and procedures for getting your program ready for camp. **First is our Code of Conduct**, which establishes a simple set of rules and guidelines for all teams. **Next is our Philosophy** outlining our commitment to your program and athletes to ensure we provide the highest quality experience possible. We have also included a page describing the responsibilities of the Parent Volunteer, an important role that will assist us in keeping things organized. We hope this kit will assist you in preparation for camp and we ask you to please contact us with any questions. See our contact information on the last page of this packet.

Code of Conduct:

- Our program has assigned a Parent Volunteer (see next page)
- Our coaching staff/athletes/parents will uphold a high standard of appropriate behavior
- Our Check-In Kit has been completed and is accurate to the best of our knowledge
- We will arrive on time for designated check-in

Camp Philosophy:

- PLU Gridiron Team Camp is a full contact camp. Individual instruction will be provided by the athletes own high school coaching staff. This allows the coaches from each high school to maximize the time spent with their team members---teaching fundamentals and skills that best suit their own athletes.
- Following individual instruction, each team will be involved in a team session. During this time, teams will have an opportunity to compete against one another.
- We will do our best to always provide a safe and fun atmosphere for competition and promote good sportsmanship. Our schedule is subject to change but we vow to keep lines of communication open and notify campers and coaches.



Parent/Coach Volunteer

In order to maintain a high level of organization, this year we are asking that **every participating program** chooses someone to be the point of contact for general camp purposes. This individual can be: a parent involved with the program or the school, an administrator, faculty member or coach.

Responsibilities will include:

- Completing Check-In Procedure and presenting this Check-In Kit on the first day of camp.
- Acting as liaison to the coaching staff/program they represent during the camp session.
- Assist with distribution of keys and confirm room assignments with PLU personnel.
- Assisting with Check-out Procedure and serve as liaison with Pacific Lutheran University regarding room damage and lost keys.

Check-In Procedure

- 1. Arrive at scheduled Check-In Time (TBD)
- 2. Present completed Check-In Kit. (Current Physical and Registration forms COMPLETED for each player. To help speed up the check-in process, please have all physical forms alphabetized in one section and registration forms alphabetized in another section. NO PLASTIC COVERS)
- 3. Finalize Late Registrations
- 4. Make Final Payment based on number of players and paying coaches.
- 5. Work with PLU/SGA in distributing correct keys to players.

Parent or Coach Volunteer Contact Information

Name: _____

Phone: _____

Email: _____



PLU CAMP CONTACTS:

Brant McAdams, Camp Director: 210-683-9463

Steve Gervais, Camp Consultant: 425-246-9362

Graydon Kulick, Camp Coordinator: 763-412-0911

Erik Bainter, Camp Staff Manager: 206-965-5971

Trainers: To be distributed at initial coach's meeting

If any of the people above are unavailable and you have an emergency,
please contact:

PLU Campus Safety: 253-535-7441

PLU Conference Services: 253-535-7450