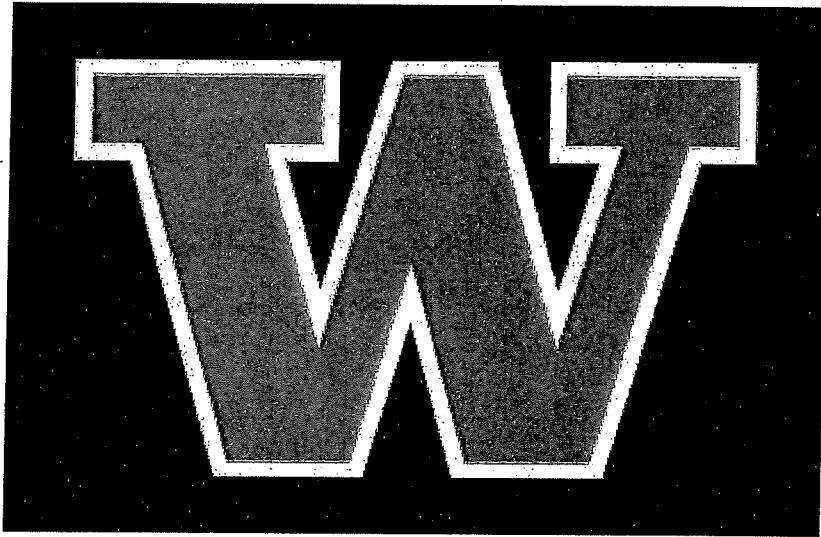


WASHOUGAL HIGH SCHOOL

2022

PANTHER FOOTBALL Summer Calendar



***“ABILITY** is what you’re capable of doing.
MOTIVATION determines what you do.
ATTITUDE determines how well you do it.”*

Lou Holtz

2022 WHS PANTHER FOOTBALL
STAFF LIST & CONTACTS

HEAD COACH

Dave Hajek

360-954-3143

dave.hajek@washougalsd.org

ASSISTANT COACHES

Scott Dizmang

Chase Lawrence

Tyler Knotts

Anthony Rodriques

Zach Strasbaugh

Leon Coons

Terry Hyde

J.D. Jones

Dakota Andelman

David Coffing

Washougal Football Twitter

Washougal Football @Washougal_FB

WHS ASB SECRETARY

Misty Young – misty.young@washougalsd.org

WHS ATHLETIC SECRETARY

Deborah Mansfield – deborah.mansfield@washougalsd.org

WHS PRINCIPAL

Sheree Clark – sheree.clark@washougalsd.org

Team Mom

Jennifer Phillips-jennifertressphillips@gmail.com

Parent Player Meeting Agenda:

1. Welcome to the Parents/Players-Introductions
2. Spring Practice-calendar
 - a. Clearance: Family ID-June 1st-& Physical(good for two Years)
 - b. Team Meetings & Equipment-May31st-June 2nd
 - i. Contest-Panther Olympics
 - c. Week 1-June 6th-9th-Helmets and practice Jersey Only'
 - d. Week 2-June 13th-16th-Full Pads
 - e. Football Camp Western Oregon University-June 17th-20th.
 - f. Captains-Applications-Open May 13th-20th-Interviews the next week.
3. Summer Activities-
 - a. Passing League-against Mt. View -July 6th. July 13th, July 20th, July 27th.-10:00-12:00
4. Passing Tournaments/Lineman Challenge-At Union High School-July 23rd.
5. Summer weights:See Calendar-Coach Dizmand and Coach Rodrigues
 - a. Contest-Panther Olympics
6. Fundraising-
 - a. Panther Foundation-ask for sponsors/Donations
 - b. Golf Tournament
 - i. Foursomes
 - ii. Sponsors.
7. Spirit Packs-BSN
8. Team Mom Jennifer Phillips
 - a. Email List
 - b. Possible BarBeQue
 - c. Senior Posters
9. Panther Foundation-
 - a. Fundraising

June 2022

Washougal Football

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---|---|--|--|--|----------------------------|
| | | May 31st Team Meeting /Equipment 3:00-5:00 Weights/Core Covenants/Equipment | 1 Team Meeting /Equipment 3:00-5:00 Weights/Core Covenants/Equipment | 2 Team Meeting /Equipment 3:00-5:00 Weights/Core Covenants/Equipment | 3 Captains Meeting 3:00-4:00 Coaches 4:00-5:00 | 4 |
| 5 | 6 Spring Practice non padded 3:30-5:30 | 7 Spring Practice non padded 3:30-5:30 | 8 Spring Practice non padded 3:30-5:30 | 9 Spring Practice non padded 3:30-5:30 | 10 Captains Meeting 3:00-4:00 Coaches 4:00-5:00 | 11 |
| 12 | 13 Spring Practice padded 3:30-5:30 | 14 Spring Practice padded 3:30-5:30 | 15 Spring Practice padded 3:30-5:30 | 16 Spring Practice non padded 3:30-5:30 | 17 WOU-Team Camp | 18 WOU-Team Camp |
| 19 WOU-Team Camp | 20 WOU-Team Camp | 21 Jr.High Camp 4:00-6:00 | 22 Jr.High Camp 4:00-6:00 | 23 Jr.High Camp 4:00-6:00 | 24 | 25 |
| 26 | 27 LIFTING: 9-11 CONDO: 11-12 | 28 LIFTING: 9-11 | 29 CONDO: 9-11 | 30 LIFTING: 9-11 | | |
| | | | | | | |

Notes:

July 2022

Washougal Footba

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|----------------------------|---|----------------------------|--------------------------|--|
| | | | | | 1 CONDO: 9-11 | 2 |
| 3 | 4 LIFTING: 9-11 CONDO: 11-12 | 5 LIFTING: 9-11 | 6 7-7- Mt. View @ Fishback 10:12:00 CONDO: 9-11 | 7 LIFTING: 9-11 | 8 CONDO: 9-11 | 9 |
| 10 | 11 LIFTING: 9-11 CONDO: 11-12 | 12 LIFTING: 9-11 | 13 7-7 -Mt. View @ Fishback 10:12:00 CONDO: 9-11 | 14 LIFTING: 9-11 | 15 CONDO: 9-11 | 16 |
| 17 | 18 LIFTING: 9-11 CONDO: 11-12 | 19 LIFTING: 9-11 | 20 7-7 Mt. View @ McKenzie 10:12:00 CONDO: 9-11 | 21 LIFTING: 9-11 | 22 CONDO: 9-11 | 23 Golf Tournament Union-7-7 Linemen Challenge |
| 24 | 25 LIFTING: 9-11 CONDO: 11-12 | 26 LIFTING: 9-11 | 27 7-7 Mt. View @ McKenzie 10:12:00 CONDO: 9-11 | 28 LIFTING: 9-11 | 29 CONDO: 9-11 | 30 |
| 31 | | | | | | |

Notes:

August 2022

Washougal Football

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|---|---|---|
| | | | | | | |
| | 1 LIFTING: 9-11 CONDO: 11-12 | 2 LIFTING: 9-11 | 3 CONDO: 9-11 | 4 LIFTING: 9-11 | 5 CONDO: 9-11 | 6 |
| 7 | 8 LIFTING: 9-11-POWER CLEAN MAX CONDO: 11-12 | 9 LIFTING: 9-11-BENCH MAX | 10 CONDO: 9-11 | 11 LIFTING: 9-11-SQUAT MAX | 12 CONDO: 9-11 | 13 |
| 14 | 15 SQUAT TESTING | 16 BENCH TESTING | 17 Practice-Non Padded 10-12:00 3:30-6:00 | 18 Practice-Non Padded 10-12:00 3:30-6:00 | 19 Practice-Non Padded 10-12:00 3:30-6:00 | 20 Practice-Padded 10-12:00 3:30-6:00 |
| 21 | 22 Practice-Padded 3:30-6:00 | 23 Practice-Padded 3:30-6:00 | 24 Practice-Padded 3:30-6:00 | 25 Practice-Padded 3:30-6:00 | 26 Practice-Padded 3:30-6:00 | 27 Practice-Padded 10:00-12:00 |
| 28 | 29 Practice-NonPadded 3:30-6:00 | 30 Practice-Padded 3:30-6:00 | 31 Practice-Padded 3:30-6:00 | | | |

Notes:

2022 WOU FOOTBALL CAMP REGISTRATION

NAME _____ GRADE _____ SCHOOL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

BIRTHDAY _____ HEIGHT _____ WEIGHT _____ OFFENSIVE POSITION _____ DEFENSIVE POSITION _____

HEALTH INSURANCE PROVIDER _____ POLICY NUMBER _____

EMERGENCY CONTACT _____ RELATION _____ DAY PHONE _____ EVENING PHONE _____

ALLERGIES _____ MEDICATIONS _____

ROOMMATE REQUESTS _____

CAMPER TYPE

- 265⁰⁰**
 - Traditional dorm room in residence hall.
 - On campus, twin beds, 2-3 players per room.
 - Accommodations vary by hall, rooms assigned on a first-come, first-serve basis.
 - Team discounts available. Must be approved by 6/16/22. Dependent upon team size at check-in.
- 180⁰⁰**
LUNCH & DINNER PROVIDED
- SINGLE DAY** **70⁰⁰**

ALL CAMPERS MUST HAVE A CURRENT PHYSICAL ON FILE, OR BE MEDICAL CLEARED BY THEIR HIGH SCHOOL, IN ORDER TO PARTICIPATE. COACHES CONTACT WOU STAFF FOR MORE DETAILS.

PLEASE MAKE CHECKS / MONEY ORDERS PAYABLE TO "WOU FOOTBALL" PAYMENT IS DUE IN FULL AT CHECK-IN.

RELEASE OF LIABILITY & CONSENT FOR MEDICAL CARE AND TREATMENT

In consideration for being allowed to participate at the 2022 WOU Football Camp, and all related events and activities in any way, the undersigned:

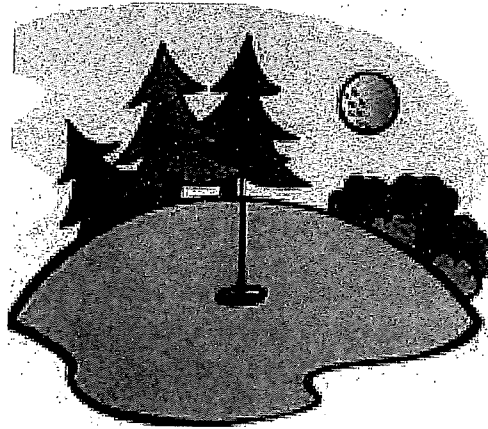
- AGREES THAT THE PARENT(S)/GUARDIAN(S) WILL INSTRUCT THE PARTICIPANT TO INSPECT THE FACILITIES AND EQUIPMENT TO BE USED PRIOR TO PARTICIPATING, AND IF THE PARTICIPANT BELIEVES ANYTHING IS UNSAFE, THEY SHOULD IMMEDIATELY ADVISE HIS SUPERVISOR OF SUCH CONDITIONS AND REFUSE TO PARTICIPATE.
- ACKNOWLEDGES AND FULLY UNDERSTANDS THAT EACH PARTICIPANT WILL BE ENGAGING IN ACTIVITIES THAT INVOLVE RISK OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY AND DEATH, AS WELL AS THE SEVERE SOCIAL AND ECONOMIC LOSSES WHICH MIGHT RESULT NOT ONLY FROM THEIR OWN ACTIONS, INACTIONS, OR NEGLIGENCE, BUT ALSO THE ACTIONS, INACTIONS OR NEGLIGENCE OF OTHERS, AS WELL AS THE RULES OF PLAY AND THE CONDITION OF THE PREMISES OR ANY OF THE EQUIPMENT USED.
- ENTERS INTO A LEGALLY BINDING RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE THE 2022 WOU CAMP STAFF/WOU STAFF/WESTERN OREGON UNIVERSITY FOR ANY AND ALL LIABILITY TO EACH OF THE UNDERSIGNED, HIS OR HER HEIRS, AND NEXT OF KIN, FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES ON ACCOUNT OF INJURY (INCLUDING DEATH OR DAMAGE TO PROPERTY) CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASES OR OTHERWISE.
- ASSUMES ALL THE FOREGOING RISKS AND ACCEPTS PERSONAL RESPONSIBILITY FOR THE DAMAGES FOLLOWING SUCH INJURY, PERMANENT DISABILITY OR DEATH
- AUTHORIZES ALL MEDICAL, SURGICAL, DIAGNOSTIC, AND HOSPITAL PROCEDURES AS MAY BE PERFORMED OR PRESENTED BY A PHYSICIAN FOR THE ABOVE IF IT CANNOT BE REACHED IN CASE OF EMERGENCY.

WE HAVE READ THE ABOVE WAIVER AND RELEASE, AND THEREFORE VOLUNTARILY UNDERSTAND THAT WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING BELOW. WE ALSO UNDERSTAND THAT THE WOU CAMP STAFF MAY TAKE PHOTOGRAPHS OF PARTICIPANTS & ACTIVITIES DURING CAMP AND MAY USE SUCH PHOTOGRAPHS IN PROMOTION OF FUTURE WOU CAMPS. AT 12:00 AM ON 8/17, ALL SALES ARE FINAL. SORRY, NO REFUNDS.

PARTICIPANT SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

2022 WHS Football Golf Tournament Fundraiser



Where: Elk Ridge Golf Course

When: July 23rd, 2022

Time: 8:00am shotgun start

Cost: \$125 per player (cash or check only)

WE ARE LIMITED TO 18 GROUPS, SO BE SURE TO SIGN UP SOON!

The Format will be a 18 hole scramble, with a shotgun start and you must use (3) of each players drives.

Lunch and free use of balls to practice on the driving range will be included in the player's fee along with prizes for 1-places, closest to the pin and longest drive. You can also purchase raffle tickets for \$1 each and have a chance to win many other great prizes.

***** If you or someone you know would like to sponsor a hole for the tournament, the breakdown is as follows: *****

Gold Sponsor: \$1000 and you receive (2) company signs on the course and (5) raffle prizes donated on your company's behalf.

Silver Sponsor: \$500 and you receive a sign with your company's name on it at the longest drive or closest to the pin holes and those prizes donated on your company's behalf.

Bronze Sponsor: \$300 and you will receive a sign with your company's name on it at one of the 18 holes.

This is a fun and casual event that has went very well the last 12 years and we are very excited to be able to have it at Elk Ridge for the first time! No matter if you are a good golfer or not, put together a team and come enjoy a fun filled day of golf and support your WHS Football teams. If you do not have (4) players to put together a team you will be placed on a team of players in the same situation, so any number of people are welcome.

More importantly if you don't play golf or you can't make it this weekend **please help with finding sponsors** for one of the 18 holes or pass the word on to some of your golfing buddies to help make this event a success. If you have any questions you can contact Todd Watts at 909-9364 or email: watts1125@hotmail.com.

Thank you for your support of the Panther Foundation and the WHS Football program!