



PITTSBURG STATE UNIVERSITY GORILLA FOOTBALL



Dear Prospective Football Player,

We would like to invite you to attend the Pitt State Football tryout for prospective student-athletes on Thursday, February 25, 2010. The tryout will be at the Weede Physical Education Building / John Lance Arena on the Pittsburg State University Campus. This workout will give you the opportunity to showcase your football talents to the Pitt State Football Coaching Staff and possibly earn a walk-on position.

Come in your workout shorts, T-shirt and tennis shoes and be ready for a tryout!

We will test the following at the tryout:

- ◆ Height and Weight
- ◆ 185 or 225 lb. bench press rep max test
- ◆ Pro Agility Shuttle
- ◆ Vertical Jump
- ◆ 40 yard dash
- ◆ Position specific drills

You MUST have the following in order to participate in this tryout:

- Transcripts (High School and other Schools)
- Current Physical
- Work-out clothes
- Tennis shoes (No Track Spikes)

It is not necessary to call and let us know that you are coming. Please fill out the attached forms and show up at the tryout location at the designated time. We encourage you to bring a DVD with 2 of your best games.

TRYOUT DAY ITINERARY

9:30 a.m.	Registration in the John Lance Arena (No Late Registrations Will Be Accepted)
10:00 a.m.	Welcome and Introduction
10:15 a.m.	Testing and Evaluation
11:30 a.m.	PSU Admissions Office Visit / Campus Tour
12:30 p.m.	Lunch on PSU Campus – Gibson Dining Hall
1:30 p.m.	Comments from Coach Beck
1:45 p.m.	Conclusion of the day

Come prepared for your workout and be sure to bring all high school and college transcripts (transfer students), as well as any game film that you may have. Our coaches will be glad to take these films for further review.

We look forward to seeing you on campus!

Sincerely,

Tim Beck
Head Football Coach
Pittsburg State University

Tryout Date: _____

2010 Pitt State Football Tryout Information Sheet

PERSONAL

Prospect Name: _____

Prospect Address: _____

Prospect City, State Zip: _____

Prospect Phone : _____

Prospect Email: _____

ACADEMIC

What year did you or are you graduating from high school? _____

Have you attended another college? Circle one: YES NO

If YES, What college and year did you attend? _____

Are you enrolled at Pittsburg State University? Circle one: YES NO

ATHLETIC (Done by Pitt State Coaches)

MEASUREMENTS

Height: _____

Weight: _____

EXPLOSION EVALUATION

Vertical Jump #1 _____

Vertical Jump #2 _____

STRENGTH EVALUATION

BENCH TEST AT:

185 LBS.

225 LBS.

OF REPS: _____

SPEED & AGILITY EVALUATION

40 YARD DASH

Time #1 _____

Time #2 _____

PRO AGILITY

Time #1 _____

Time #2 _____

FOOTBALL EVALUATION (Done by Pitt State Coaches)

Football Position Evaluation:

Pitt State Coach's Notes:

Warning – Assumption of Risk

There are many special benefits from the activities being afforded to student/athletes by The Football Program at Pittsburg State University. Within the activities it must be understood that there are dangers that lead to injury to student/athletes. Therefore the purpose of this section is to make all students/athletes aware that dangers do exist and that participation is voluntary with the understanding that risks are involved. It is to be further understood that student/athletes must share in this responsibility for their own safety and the safety of others as each participates in the Football Tryout at Pittsburg State University. The student/athlete participating in the Football Tryout at Pittsburg State University could injure the anatomy of either one or several of the following: Musculo-skeletal system, nervous system, circulatory system, respiratory system, digestive system, urinary system, reproductive system, endocrine system, and skin. Catastrophic injuries such as death, permanent paralysis and loss of organs may occur during sport participation. There is not an absolute preventative against any injury. Pittsburg State University does not offer supplemental insurance to participants in the Football Tryout at Pittsburg State University. Any injury sustained by the student/athlete will be resolved by their own means.

Acknowledgement of Warning/Risk

By signing below, you acknowledge that you have read the “Warning-Assumption of Risk” statement and that you are aware there is a possibility you may incur an injury of varying temporary or permanent disability to any of the body’s systems. Also, you acknowledge the risk of death, permanent paralysis, loss of organs and life long disability that may occur as a result of the Football Tryout at Pittsburg State University. Additionally, you agree to release Pittsburg State University from any liability with regards to any injury sustained. Before you are approved to participate, you are required to sign below acknowledging the above statements.

Student/Athlete

Date

Parent or Legal Guardian
(If student athlete is under 18 years old)

Date