



DEER VALLEY FOOTBALL 2019 SUMMER WEIGHT LIFTING & CONDITIONING

The goals of the sessions are:

- To increase strength, speed and power
- To develop camaraderie with teammates and Skyhawk Pride

- May 28th through August 2nd
- 4 days a week (Monday, Tuesday, Thursday, Friday)
- 6:30am to 8:30am for Sophomores, Juniors and Seniors
- 8:45am to 10:45am for incoming Freshman
- Only \$110 per athlete (**Check payable to Deer Valley High School**)
- For more information contact Coach Friedman @ 602.710.0889

Detach and return bottom of form and payment to:

Coach Friedman

Or

Mail to

Deer Valley High School
c/o Coach Friedman
18424 N. 51st Ave
Glendale, Az. 85308

All campers must complete a free online concussion course at <http://aiaacademy.org> before participating. The course is brainbook. Please bring a copy of certificate of completion to camp if not on file. Athletes are required to complete once in their career and this will last through high school.

Name _____ Class of _____

Home Address _____

City _____ Zip _____ Phone _____

Parents Name(s) _____

Parents Cell Numbers _____

Emergency Contact other than Parents: Name _____
Phone _____

Parent or Guardian's Signature: _____

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or activities. Any inquires regarding nondiscrimination policies may contact Legal Services 623-445-5000.