



# DEER VALLEY FOOTBALL 2020 SUMMER WEIGHT LIFTING & CONDITIONING

The goals of the sessions are:

- To increase strength, speed and power
- To develop camaraderie with teammates and Skyhawk Pride
  
- June 3<sup>rd</sup> through July 31<sup>st</sup>
- 3 days a week (Monday, Wednesday, Friday)
- 6:30am to 9:15am for Sophomores, Juniors and Seniors
- 9:00am to 10:15am for incoming Freshman
- Only \$75 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. 51<sup>st</sup> Ave**

**Glendale, Az. 85308**

**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:** \_\_\_\_\_