



Ridge

**MOUNTAIN RIDGE HIGH SCHOOL
COMMUNITY SCHOOLS**

Summer Football Camp Tuesday June 1st – Tuesday July 27th

Vision:

Establish a winning football culture through effort, intensity, and camaraderie.

Philosophy:

Compete with relentless effort, outstanding character, toughness and an undeniable passion for the game. The players we mentor will become leaders in their school, community, and most importantly throughout their lives.

Our Summer football camp will prepare all athletes for the upcoming 2021 football season. Athletes will participate in an hour of weight room activities and an hour of on field agility work.

“Failing to prepare is preparing to fail.”

Camp Structure:

Days:

All dates for summer camp will be included in the calendar on the last page of this flyer

Times:

Incoming Freshman: 5:30am-7:30am

JV/Varsity players: 7:45am-10am

Cost:

All athletes: \$150

- Payable by check or cash to the Mountain Ridge Bookstore

Please Note:

Prescott, AZ Football camp July 29-August 1st (More details to follow)

Please Complete and include the following:

- Camp registration (this form) - **All participants**
- Register on registermyathlete.com

REGISTRATION FORM:

Register at the Mountain Ridge Bookstore or mail check to:

Mountain Ridge high school, Attention bookstore, 22800 N. 67th Ave, Glendale, AZ. 85310

Name (player): _____ Age: _____

Grade going into: _____ T-shirt size: _____

Contact Name (parent/guardian): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

To the best of my knowledge, this student/participant does not have any health problems that would be harmful to him/her while participating in this community schools program. Be it known that I, the undersigned parent/guardian/participant of the named student/participant, do hereby give and grant unto the instructor my consent and authorization to render such aide, treatment or care to said participant as, in the judgment of the instructor, may be required on an emergency basis, in the event said participant should be injured or stricken ill, it is hereby understood that the consent and authorization hereby given and granted are continuous, and are intended by me to extend through the length of the program. If emergency service involving medical action or treatment is required and neither the parents nor guardians can be contacted, I hereby consent for the participant to be given medical care by the doctor selected by the instructor. (Participant must have medical insurance to participate.)

PARENT/GUARDIAN/PARTICIPANT (if over 18)

SIGNATURE: _____

INSURANCE COVERAGE COMPANY: _____

POLICY NUMBER: _____ **GROUP #** _____

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Any inquires regarding nondiscrimination polices may contact the Superintendent's Office, 20402 N. 15th Avenue, Phoenix, Arizona 85027. 623.445.5000.

Camp Times or Days may be changed or cancelled due to gym availability

For the health & safety of our students, the Deer Valley Unified School District provides information to a free on-line course regarding player concussions.

For information on the free "BRAINBOOK" Concussion On-line Course, follow the guidelines below.

If you have not completed this course:

1. Go to <http://aiaacademy.org/>
2. Select Concussion – Brainbook picture
3. Register as a student
4. Enter Demographic Information
5. Select a sport for this season and include all future sports & Mountain Ridge H.S.
6. Complete the course with a passing score
7. Print Certificate and email or bring it to Coach Marcus or Ms. Lara Wesson

For any additional questions please e-mail Coach Madoski or Coach McEowen.

William.mceowen@dvusd.org or dougmadoski@gmail.com



COVID-19 WAIVER
Deer Valley Unified School District Waiver, Release, and Assumption of Risk Form

On behalf of myself, my household members, and as parent and lawful guardian of my minor child, _____, I hereby give permission for my child to participate in summer athletic activities located at one of the five Deer Valley Unified School District high schools (Barry Goldwater, Boulder Creek, Deer Valley, Mountain Ridge, or Sandra Day O'Connor). My child and I are familiar with, and knowingly and voluntarily accept, any and all risks associated with summer athletic activities on a school campus. I acknowledge that my child's participation in this program is wholly voluntary and is not part of any regular school curriculum.

I specifically assume all risks and hazards associated with my child's participation in summer athletic activities including, but not limited to, the risks associated with the novel COVID-19 or similar type virus. I understand that my child will be associating with staff, volunteers, and other children and may contract COVID-19, and other viruses and diseases, through my child's participation in summer athletic activities. To minimize risk of exposure to COVID-19, DVUSD staff will follow the best practices recommended by federal, state and county health officials. I understand, however, that these precautions are not nearly adequate to prevent the spread of COVID-19 given, among other things, the relatively long incubation period, and the fact that many infected persons are asymptomatic. I understand and voluntarily assume the risk that my child may acquire COVID-19, and that COVID-19 may subsequently be transmitted from my child to me, my family, and members of my household.

While reasonable supervision will be provided, summer activities staff/volunteers cannot ensure my child's safety. Accidents and injuries happen, and it is impossible to eliminate the risk that my child will suffer an injury or illness.

I certify that my child is in good health, has no fever, and has no current issues that make it unsafe for my child to participate in summer athletic activities, which may not have a medical professional on staff. I will notify the school and not send my child to summer athletic activities if my child develops a fever or illness or tests positive for COVID-19.

To the fullest extent permitted by law, I hereby agree to waive, release, and discharge any and all claims, causes of action, damages, and rights of any kind, including serious injury or death, against summer athletic activities, the school where my child attends, the Deer Valley Unified School District, its insurers, the district's governing board, and all of their respective employees, agents, representatives, and volunteers (the "Released Parties") arising from or relating in any way to my child's participation in summer athletic activities. Including but not limited to exposure to the COVID -19 virus as we are assuming that risk.

Parent/Guardian Name (Printed) _____

Parent/Guardian Signature _____ Date _____



Mountain Ridge Football Spring/Summer Calendar

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Summer Lifting Program Morning Group Times TBA	2 Summer Lifting Program Morning Group Times TBA	3 Summer Lifting Program Morning Group Times TBA	4 Summer Lifting Program Morning Group Times TBA	5 Ridge Football Golf Tournament Legend at Arrowhead Shotgun Start 7:00 a.m.
6 OFF	7 Summer Lifting Program Morning Group Times TBA	8 Summer Lifting Program Morning Group Times TBA	9 OFF	10 Summer Lifting Program Morning Group Times TBA	11 Summer Lifting Program Morning Group Times TBA	12 Flight Club 7on7 – Big Man Tournament Schedule TBA
13 OFF	14 Summer Lifting Program Morning Group Times TBA	15 Summer Lifting Program Morning Group Times TBA	16 OFF	17 Summer Lifting Program Morning Group Times TBA	18 7on7 – Big Man Tournament Pinnacle HS Schedule TBA	19 OFF
20 OFF	21 Summer Lifting Program Morning Group Times TBA	22 Summer Lifting Program Morning Group Times TBA	23 OFF	24 Summer Lifting Program Morning Group Times TBA	25 Summer Lifting Program Morning Group Times TBA	26 OFF
27 OFF	28 Summer Lifting Program Morning Group Times TBA	29 Summer Lifting Program Morning Group Times TBA	30 Summer Lifting Program Morning Group Times TBA			

Mountain Ridge Football Spring/Summer Calendar

July / August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Summer Lifting Program Morning Group Times TBA	2 OFF	3 OFF
4 OFF	5 OFF	6 Summer Lifting Program Morning Group Times TBA	7 Summer Lifting Program Morning Group Times TBA	8 Summer Lifting Program Morning Group Times TBA	9 Summer Lifting Program Morning Group Times TBA	10 OFF
11 OFF	12 Summer Lifting Program Morning Group Times TBA	13 Summer Lifting Program Morning Group Times TBA	14 OFF	15 Summer Lifting Program Morning Group Times TBA	16 Summer Lifting Program Morning Group Times TBA	17 OFF
18 OFF	19 Summer Lifting Program Morning Group Times TBA	20 Summer Lifting Program Morning Group Times TBA	21 OFF	22 Summer Lifting Program Morning Group Times TBA	23 Summer Lifting Program Morning Group Times TBA	24 OFF
25 OFF	26 Summer Lifting Program Morning Group Times TBA	27 Summer Lifting Program Morning Group Times TBA	28 OFF	29 Football Camp All Three Levels Eastern AZ College Schedule TBA	30 Football Camp All Three Levels Eastern AZ College Schedule TBA	31 Football Camp All Three Levels Eastern AZ College Schedule TBA
August 1 Depart Football Camp All Three Levels Schedule TBA	August 2 In-Season Schedule TBA	August 3 First Day of School In-Season Schedule TBA	August 4 In-Season Schedule TBA	August 5 In-Season Schedule TBA	August 6 In-Season Schedule TBA	August 7 In-Season Schedule TBA