



2019 SUMMER WEIGHT LIFTING & CONDITIONING

The goals of the sessions are to increase strength, speed and power and to develop camaraderie with teammates and Skyhawk Pride!

*May 28th through August 2nd
4 days a week (Monday, Tuesday, Thursday, Friday)
Sophomores, Juniors & Seniors: 6:30am – 8:30am
Incoming Freshmen: 8:45am – 10:45am*

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 polices may contact Legal Services 623-445-5000.