



DEER VALLEY FOOTBALL 2021 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 24th through July 30th
- 3 days a week (Monday, Wednesday, Friday)
- 6:30am to 8:30am for Sophomores, Juniors and Seniors
- 8:45am to 10:15am for incoming Freshman
- Only \$100 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

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: _____