



# MOUNTAIN RIDGE FUTURE FRESHMAN FOOTBALL PLAYERS

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## Strength & Conditioning Summer Camp

When does it start?: **June 6th**  
What days a week?: **Monday-Thursday**  
What time?: **6am-8am**  
What is the cost? **\$150 paid in check or cash to the "Mountain Ridge Bookstore"**

**Additional Information:** 6-7am is speed/agility training (cleats are required)  
7-8am is strength training in the weight room (athletic shoes with laces are required).  
Athletes must bring their own water. Calendar attached has more details

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## FUTURE FRESHMAN NIGHT

**MAY 9TH 4-7PM**

*Ridge*

4:00-4:30—WATCH SPRING FOOTBALL PRACTICE (main field)  
4:30-5:30—TOUR CAMPUS & DISCUSS EXPECTATIONS (w/ coaches)  
5:45-7:00—CAMARADERIE DINNER WITH ENTIRE FOOTBALL PROGRAM  
*\*PARENTS ENCOURGAED TO ATTEND*

*Ridge*



**\*\*Please scan this QR code to complete a Google Form Survey\*\***



**C.O.R.E.**

CAMARADERIE . OWNERSHIP . RESPECT . EFFORT



**DEER VALLEY**  
*Unified School District*

*If you have any questions please contact Head Freshman Coach Ellis @ [tim.ellis@dvusd.org](mailto:tim.ellis@dvusd.org)*