



DEER VALLEY FOOTBALL 2022 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 23rd through July 28th
 - 3 days a week (Monday, Wednesday, Thursday)
 - 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

NameHome Address			Class of
Parents Name(s)_			
Parents Cell Num	bers		
Emergency Conta	ct other than Parents:	Name Phone	
Parent or Guardi	an'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.