



BOULDER CREEK



2019 SUMMER WEIGHT LIFTING & CONDITIONING

The goals of the class are:

- To increase strength, speed and power
- To develop camaraderie with teammates and Jaguar Pride

- May 28th through July 26th
- 10-12 grade students
- 4 days a week (Monday, Tuesday, Thursday, Friday)
- 2 sessions (7:15am to 9:15am and 8:30am to 10:30am)
You will be assigned a session by the coaches. Your session will posted outside the weight room the week of final exams. Check your session assignments before May 23rd.
- 54 athletes per session

Only \$180 per athlete – **Registration form, fee & concussion course paperwork must be turned into the Bookstore. Coaches will NOT be taking forms or money.**

- For more information contact Coach Crooks @ 623.764.6136 or Coach Casarella @ 623.824.4152

All students must complete a free online concussion course at <http://aiacademy.org> before participating. The course is brainbook. Please bring a copy of certificate of completion to camp. Athletes are required to complete once in their career and this will last through high school.

Name _____ Age _____ Grade level in Aug, 2019 _____

Home Address _____

City _____ Zip _____ Home Phone _____

Parents Name(s) _____

Parents Work Numbers _____

E-Mail _____

Emergency Contact other than Parents: Name _____

Phone _____

Parent or Guardian's Signature: _____

Summer Weights \$180.00 _____ Due by May 17th

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 policies may contact Legal Services 623-445-5000.