

Player Info

Name: _____

Grade: _____

Team: _____

Phone: _____

Address: _____

Parents Names

Please make payments to:

Doug Christofis

3940 E Goldfinch Gate Lane
Phoenix, AZ 85044

Checks may also be dropped off
in the weight room.



Desert Vista Thunder Varsity Football
Team Captains 2008

Camp Objectives
To Improve in the following:

POWER

SPEED

AGILITY

STRENGTH

MOBILITY

STABILITY

FLEXABILITY

CORE STRENGTH

CONDITIONING



**SUMMER
STRENGTH &
CONDITIONING
CAMP**

CAMP DATES

June 1st - July 17th

Varsity & JV

Monday - Thursday
1:00 - 3:00

Freshman

Tuesday - Thursday
3:30 - 4:30