

Boys SUMMER ACCELERATION

High School Football Practice - Wednesdays after acceleration 9:00-10:30ish

Important High School Football Dates

June 20-22 (9:00-12:00) - Tri-Valley Team Camp -For All TV HS Football Players

June 24-26 - SDSU Team Camp - Invite Only - Mostly Upperclassmen

July 8 (9:00-12:00) - Competitive Scrimmages @ Lennox - Freshmen/Sophomores Only

July 9 (9:00-12:00) - Competitive Scrimmages @ Lennox - Varsity

*This is open to any boys entering 7th through 12th grade. It will consist of lifting, speed, agility, and conditioning work. The boys will need to wear good athletic gym shoes. We will do most our drills in the gyms and on the track.

*Tri-Valley is not responsible for any accidents or injuries. If you have any questions, please contact Steve Bazata. Email (steve.bazata@k12.sd.us) Phone (605-630-2787)

Please Complete and Return by May 3rd

Schedule:

Week #1 - May 28th(Tues.), 29th, 31st(Fri.)

Week #2 - June 3rd, 5th, 6th,

Week #3 - June 10th, 12th, 13th

Week #4 - June 17th, 19th, 20th

Week #5 - June 24th, 26th, 27th

Week #6 - July 8th, 10th, 11th

Week #7 - July 15th, 17th, 18th

Week #8 - July 22nd, 24th, 25th

*No Acceleration May 27th(Memorial Day) or July 1st -5th(State Rules)

Please detach and keep the above portion.

SUMMER ACCELERATION REGISTRATION

Please complete below, if planning to attend the summer acceleration program. DUE May 3rd

PROGRAM COST: \$100/Athlete. Please make checks payable to Tri-Valley.

Name _____

Grade(Fall 2019) _____