

DAVIS HIGH FOOTBALL SPRING LIFTING 2020



Davis High Football Weight Training – 8th & 9th Graders

- When – January 22nd to May 20th
Mondays & Wednesdays, 4:30-5:30pm (Excluding Holidays)
- Where – DHS Weight Room
- Dress – Athletic Wear (shorts, t-shirts, shoes)
- Why – To improve overall athletic performance and knowledge, prepare future DART athletes, work with certified and experienced coaches, improve self-esteem and confidence.

ALL athletes must register **BEFORE** workouts begin. Please send registration forms to:

Davis High School – 325 S. Main St., Kaysville UT 84037.
You must live within the Davis High Boundaries to participate.

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Registration & Consent Form – Due Friday, Jan. 31st

Athlete Registration & Consent Form

Player Name: _____

Player Address: _____

Phone: _____

Grade: _____

Parents Name: _____

E-Mail: _____

Insurance Information: Insurance Carrier: _____

Policy #: _____ Group #: _____

I hereby consent to the above-named person participating in the Davis High Strength & Conditioning. I understand that all activities are voluntary. I understand that it is my responsibility to transport my child to participate. I recognize that the risk of possible injury is inherent in all sports participation, and by having my child participate, I voluntarily accept and assume the risk of injury to my child.

In exchange for allowing my child to participate in the Davis High activities and events, I agree to release from liability, agree to indemnify, and hold harmless any agent, officer, or employee acting within the scope of their duties, for any injury to my child's person or damage to their property.

PLAYER (print): _____

PLAYER (sign): _____

PARENT (print): _____

PARENT (sign): _____