

April 17, 2018

Hello Future Vikings,

Welcome to Sunnyslope High School. I am Damon Pieri, the head football coach.

To all incoming freshman who are interested in playing freshman football there will be a weight training orientation, Tuesday, May 29th at 1:30pm-3:00pm in the weight room. We will be discussing the summer weight room program, weight training technique and safety, and freshman football expectations.

The freshman football team will be starting the summer program the next day, Wednesday, May 30th, Monday through Thursday from 1:30-3:00pm, until the start of the school year. It is a great opportunity to get in shape, get acclimated to the heat, meet other teammates, and to get prepared for the demands of high school athletics.

It is also important that your son has his physical on file and proof of insurance with the Athletic Director's Secretary, Kathy Nunn. She will give you these forms and answer any questions. Her phone number is 623-915-8787. Please schedule your son's physical right away.

Many players and their families will decide to go on vacation in the summer. I do not want your son to miss a family vacation to attend the summer program, however, if your son is in town, the football staff expects participation.

I look forward to seeing your son in the weight room. If you have any questions I can be reached at 602-565-0143.

Go Vikings!!!

Damon Pieri