



ROSE HILL ROCKET SUMMER STRENGTH & CONDITIONING



Goal: Our Summer Strength and Conditioning program provides a series of physical movements that emphasize a total body workout. This increases strength, speed, flexibility, agility, with overall physical and mental preparedness that are essential in every competition.

Where: Rose Hill High School Weight Room

Who: Any student Male or Female

Grades 7-12

(Incoming 7th graders)

Questions:

Coach Weber – lweber@usd394.com

When: June 4th through August 3rd

Weights Sessions: All Sessions approximately 60 minutes long

| | | |
|-----------|----------------|------------------------------|
| M/TU/TH/F | 6:30am-8:00am | High School Boys |
| | 8:00am-9:00am | High School Girls |
| | 9:00am-10:00am | Middle School |
| | 5:00pm-6:00pm | Make-Up Session (No Fridays) |

Cost: \$50 Checks payable to: Rose Hill High School

Registration forms and fees will be accepted May 4th - 18th

Registration after May 18th will result in an additional \$5 late fee

Name: _____

Address: _____

Parents Name: _____

Parents Phone #: _____

Waiver for Participation:

I hereby release the Rose Hill School District including all of its employees from all claims present and future resulting from any injuries that may be sustained by my son/daughter while attending the ~~2018~~ Rocket Strength Program. 2018

Parents Signature: _____

JOIN THE REMIND FOR YOUR AGE GROUP TO RECEIVE IMPORTANT INFORMATION ABOUT SUMMER WEIGHTS.

Pick a way to receive messages for JH Rocket Weights:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/jrocketwt

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message broker link to the number 81010.

If you're having trouble with 81010, try texting a message to (202) 255-8264.

*Forward address: @rocketwt



Don't have a mobile phone? Go to rmd.at/jrocketwt on a desktop computer to sign up for email notifications.

Pick a way to receive messages for HS Girls Rocket Weights:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/rocketlady

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message broker link to the number 81010.

If you're having trouble with 81010, try texting a message to (202) 255-8264.

*Forward address: @rocketlady



Don't have a mobile phone? Go to rmd.at/rocketlady on a desktop computer to sign up for email notifications.

Pick a way to receive messages for HS Boys Rocket Weights:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/rocketguys

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message broker link to the number 81010.

If you're having trouble with 81010, try texting a message to (202) 255-8264.

*Forward address: @rocketguys



Don't have a mobile phone? Go to rmd.at/rocketguys on a desktop computer to sign up for email notifications.

ALL SPORTS FALL CONDITIONING CAMP

DATES: AUGUST 6TH - AUGUST 9TH

TIMES: 6:00 PM - 7:00 PM

PLACE: RH FOOTBALL STADIUM

All athletes are invited to come get a jump start on their conditioning for fall sports by participating in this FREE Conditioning Camp.