

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.

Parents Signature:

Where: Rose Hill High School Weight Room

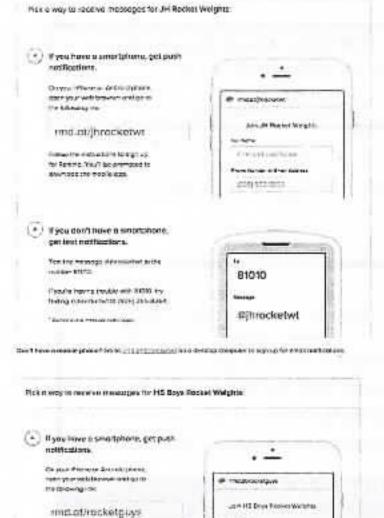
Who: Any student Male or Female Grades 7-12 (Incoming 7th graders)

Questions:

Coach Weber - lweber@usd394.com

그런 얼마가 맛들어서 하네를 하는 이번 어느를 살이 들어?	through August 3 rd ns: All Sessions appro	ximately 60 minutes long
M/TU/TH/F	6:30am-8:00am 8:00am-9:00am 9:00am-10:00am 5:00pm-6:00pm	High School Boys High School Girls Middle School Make-Up Session (No Fridays)
	ts payable to: Rose H Registration forms and fees will be tration after May 18th will resu	be accepted May 4th – 18th
Address:		
Parents Name:		
Parents Phone #:	remain of the same	
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JOIN THE REMIND FOR YOUR AGE GROUP TO RECEIVE IMPORTANT INFORMATION ABOUT SUMMER WEIGHTS.



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ALL SPORTS FALL CONDITIONING CAMP

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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.