**Goal:** Our Summer Strength and Conditioning program provides a series of physical movements that adhere to our universal and united training program for multisport athletes. 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](mailto:lweber@usd394.com)*

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

($100 for Critical Reload Special + Summer Weights Fee)

Registration forms and fees will be accepted May 1st – 17th

*Registration after May 17th will result in an additional $5 late fee*

**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 2019 Rocket Strength Program.

*Parents Signature: ________________________________*

**When:** June 3rd through August 8th

**Weights Sessions:** All Sessions approximately 60 minutes long

- **M/TU/W/TH**
  - 6:30am-8:00am High School Boys (Football Skills to Follow)
  - 8:00am-9:00am High School Girls
  - 9:00am-10:00am Middle School
  - 6:00pm-7:00pm Make-Up Sessions

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**ALL ROCKETS**

**ALL SPORTS**

**ALL IN**

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**ROSE HILL**

**ROCKET SUMMER STRENGTH & CONDITIONING**
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/jhrocketwt
   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 @jhrocketwt to the number 81010.
   If you’re having trouble with 81010, try texting @jhrocketwt to (202) 265-8264.
   * Standard text message rates apply.

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

Pick a way to receive messages for HS Girls Rockets 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 @rocketlady to the number 81010.
   If you’re having trouble with 81010, try texting @rocketlady to (202) 265-8264.
   * Standard text message rates apply.

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 Rockets 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 @rocketguys to the number 81010.
   If you’re having trouble with 81010, try texting @rocketguys to (202) 265-8264.
   * Standard text message rates apply.

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 12TH – AUGUST 15TH

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.