



2020 SUMMER STRENGTH

REGISTRATION & CRITICAL INFORMATION

<p>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.</p>	<p>SCHEDULE & START DATES/TIMES</p>
	<p>RETURN TO ACTIVITY SESSIONS @ RH DISTRICT STADIUM START JUNE 8 HS BOYS @ 6:30 AM - 8:00 AM HS GIRLS @ 8:00 AM - 9:15 AM MONDAY - THURSDAY JUNE 8 - JUNE 21 ↓MS ATHLETES WILL NOT START UNTIL JUNE 22 ↓</p>
	<p>STRENGTH & SPEED SESSIONS @ RHHS WEIGHT ROOM START JUNE 22 HS BOYS @ 6:30 AM - 8:00 AM HS GIRLS @ 8:00 AM - 9:15 AM MS BOYS/GIRLS @ 9:30 AM - 10:30 AM MONDAY - THURSDAY JUNE 22 - AUGUST 15</p>

<p>WE WILL BE FOLLOWING GUIDELINES SET FORTH BY THE STATE OF KANSAS, KDHE, KSHSAA, AND THE BUTLER COUNTY HEALTH DEPARTMENT TO PROVIDE PRECAUTIONS TO PREVENT THE SPREAD OF COVID-19. WE WILL BE CLEANING AND SANITIZING THE WEIGHTROOM DAILY TO PROTECT ALL STUDENTS AND STAFF.</p>	<p>Cost: \$40 FOR HS ATHLETES & \$30 FOR MS ATHLETES Checks payable to: Rose Hill High School Registration forms and fees will be accepted June 8th – 22nd WE WILL NOT CHARGE A LATE FEE</p>
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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 or illness that may be sustained by my son/daughter while attending the 2020 Rocket Strength Program.

STUDENT NAME (PRINT)	
STUDENT'S GRADE IN 20-21	
ADDRESS	
CELL PHONE #	
PARENT NAME (PRINT)	
PARENT PHONE #	
PARENT SIGNATURE	

ALL ROCKETS. ALL SPORTS. ALL IN.