



# 2021 SUMMER STRENGTH

REGISTRATION & CRITICAL INFORMATION

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| <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><b>SCHEDULE &amp; START DATES/TIMES</b></p>   |
|  | <p><b>STRENGTH &amp; SPEED SESSIONS</b><br/> <b>@ RHHS WEIGHT ROOM &amp; RH DISTRICT STADIUM</b><br/> <b>STARTING WEDNESDAY JUNE 9</b><br/>         HS BOYS @ 6:30 AM - 8:00 AM<br/>         HS GIRLS @ 8:00 AM - 9:15 AM<br/>         MS BOYS/GIRLS @ 9:30 AM - 10:30 AM<br/>         MONDAY - THURSDAY JUNE 9 - AUGUST 6<br/> <b><u>ALL WEDNESDAYS ARE AT RH FOOTBALL STADIUM</u></b><br/> <b><u>ALL OTHER WORKOUTS ARE AT RHHS</u></b></p> <p><b>JULY 4TH MORATORIUM</b><br/> <b>JUNE 28-JULY 4 NO ACTIVITIES</b></p> |

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| <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><b>Cost: \$50 FOR ALL ATHLETES</b><br/> <b>Checks payable to:</b><br/> <b>Rose Hill High School</b><br/> <b>Registration forms and fees will be accepted until June 1st</b><br/> <b><u>\$10 LATE FEE FOR ALL REGISTRATIONS AFTER JUNE 1.</u></b></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 2021 Rocket Summer Strength Program.

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| STUDENT NAME (PRINT)     |  |
| STUDENT'S GRADE IN 21-22 |  |
| ADDRESS                  |  |
| CELL PHONE #             |  |
| PARENT NAME (PRINT)      |  |
| PARENT PHONE #           |  |
| PARENT SIGNATURE         |  |

# ALL ROCKETS. ALL SPORTS. ALL IN.