



2023 SUMMER STRENGTH

REGISTRATION & CRITICAL INFORMATION

<h2 style="text-align: center;">Our Goal</h2> <p>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>	SCHEDULE & START DATES/TIMES
	<p>STRENGTH & SPEED SESSIONS @ RHHS OR RHMS WEIGHT ROOMS & DISTRICT STADIUM STARTING WEDNESDAY JUNE 7</p> <p>HS BOYS @ 6:30 AM - 8:00 AM @ RHHS HS GIRLS @ 8:00 AM - 9:15 AM @ RHHS MS BOYS/GIRLS @ 8:00 AM - 9:15 AM @ RMHS MONDAY - THURSDAY JUNE 7 - AUGUST 3</p> <p><u>ALL WEDNESDAYS ARE AT RH DISTRICT STADIUM</u> <u>HS ATHLETES REPORT TO RHHS Mon/Tues/Thurs</u> <u>MS ATHLETES REPORT TO RHMS Tues/Thurs</u></p> <p><u>JULY 4TH KSHSAA MORATORIUM</u> JULY 3-9 NO ACTIVITIES</p> <p>MS ATHLETES = 2023-2024 6th, 7th & 8th Grade</p>

Cost: \$50 FOR ALL ATHLETES
Checks payable to:
Rose Hill High School
Registration forms and fees will be accepted until June 1st
\$10 LATE FEE FOR ALL REGISTRATIONS AFTER JUNE 1.

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 2022 Rocket Summer Strength Program.

STUDENT NAME (PRINT)	
STUDENT'S GRADE IN 22-23	
ADDRESS	
CELL PHONE #	
PARENT NAME (PRINT)	
PARENT PHONE #	
PARENT SIGNATURE	

ALL ROCKETS. ALL SPORTS. ALL IN.