

THE EDGE

Richland Rebels Summer Conditioning Program

WHEN:

- Monday through Thursday during the Summer 2017
- Beginning June 19, 2017
- **We will take the week of July 3-July 7 OFF**
- Ending July 27, 2017
- 9:00am – 11:00am

WHO:

- All Boys' and Girls' Sports
- For all student-athletes grades 7-12 (RHS, North Richland MS, North Ridge MS)
- Athletes need current medical history/physical exam (available in Field House)

COST:

- \$100.00 (Checks payable to RICHLAND HIGH SCHOOL)
- Fee is for the entire summer
- Pay Coach Ged Kates at RHS Field House

PROGRAM DESCRIPTION:

- 45 Minutes Weights
- 45 Minutes Speed Enhancement and Agility Training
- 30 Minutes Conditioning
 - Thursdays will have nutritional tips

CONTACT PERSON:

Coach Ged Kates (Richland Head Football Coach)

Office: 817.547.7050

Cell: 817.821.7594

**SIGN UP AND PAY COACH KATES AT THE FIELD HOUSE ON OR
BEFORE JUNE 19TH.**

NAME OF STUDENT: _____ GRADE: ___ AGE: ___

ADDRESS: _____

BIRTHDATE: _____ SCHOOL: _____

PARENT'S NAME: _____

HOME PHONE #: _____ CELL PHONE #: _____