

The EDGE

Richland High School Summer Performance Program

WHEN:

- Monday through Thursday during the Summer 2019
- Beginning June 10, 2019
- Ending July 26, 2019
- 9:00am – 11:00am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-Jun	11	12	13	14
TRAINING SESSION #1	#2	#3	#4	
17	18	19	20	21
#5	#6	#7	#8	
24	25	26	27	28
#9	#10	#11	#12	
1-Jul	2	3	4	5
NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING
8	9	10	11	12
#13	NO TRAINING	NO TRAINING	#14	#15
15	16	17	18	19
#16	#17	#18	#19	
22	23	24	25	26
NO TRAINING	NO TRAINING	#20	#21	#22
29	30	31	Aug. 1	2
9TH FOOTBALL CAMP BEGINS 6-8 PM	YOUTH FOOTBALL CAMP 9-11 AM/9TH CAMP 6-8 PM	YOUTH FOOTBALL CAMP 9-11 AM/9TH CAMP 6-8 PM	YOUTH FOOTBALL CAMP 9-11 AM/9TH CAMP 6-8 PM	
5	6	7	8	9
HIGH SCHOOL FOOTBALL PRACTICE BEGINS				

WHO:

- All Boys' and Girls' Sports
- For all new and returning middle school and high school students 7-12 grades
- Athletes need current medical history/physical exam (available in Field House or @ www.richlandrebelsports.com)

COST:

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

PROGRAM DESCRIPTION: Developed and implemented by nationally certified strength and conditioning Coach (NSCA – CSCS)

- Individualized Strength Development Program
- Speed Enhancement and Agility Training
- Progressive Aerobic Conditioning Program
 - Thursdays will have nutritional information

CONTACT PERSON:

Coach Ged Kates (Richland Head Football Coach/Athletic Coordinator)
Office: 817.547.7050
Cell: 817.821.7594

SIGN UP AND PAY COACH KATES AT THE FIELD HOUSE BY JUNE 10TH.

NAME OF STUDENT: _____ GRADE: ___ AGE: _____ BIRTHDATE: _____
 ADDRESS: _____
 SCHOOL: _____
 PARENT'S NAME: _____
 HOME PHONE #: _____ CELL PHONE #: _____