

# EDGE 2021

## Richland High School Summer Performance Program

### WHEN:

- Weekly beginning Monday, June 7 through Thursday, July 22
- 9–11 a.m. Mondays through Thursdays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 7	8	9	10	11
TRAINING SESSION #1	#2	#3	#4	
14	15	16	17	18
#5	#6	#7	#8	
21	22	23	24	25
#9	#10	#11	#12	
28	29	30	July 1	2
#13	#14	#15	#16	
5	6	7	8	9
NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING
12	13	14	15	16
#17	#18	#19	#20	
19	20	21	22	23
NO TRAINING	NO TRAINING	#21	#22	
26	27	28	29	30

### WHO:

- All new/returning middle school and high school students\* (boys and girls) grades 7–12
- \* All Athletes need current medical history/physical exam (available in Field House or @ [www.richlandroyals.com](http://www.richlandroyals.com) )

### COST:

- \$100.00 (Checks made payable to RHS; pay coach Ged Kates at RHS Field House)
- Fee is for the entire summer

### 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 7<sup>TH</sup>.**

NAME OF STUDENT: \_\_\_\_\_ GRADE: \_\_\_ AGE: \_\_\_ T-SHIRT SIZE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
SCHOOL: \_\_\_\_\_  
PARENT'S NAME: \_\_\_\_\_  
HOME PHONE #: \_\_\_\_\_ CELL PHONE #: \_\_\_\_\_