

# THE EDGE

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## Richland High School Summer Performance Program

### WHEN:

- Monday through Thursday during the Summer 2018
- Beginning June 11, 2018
- No training during the week of 7/2-7/5
- Ending July 26, 2018
- 9:00am – 11:00am

### 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](http://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)

- 45 Minutes Individualized Strength Development Program
- 45 Minutes Speed Enhancement and Agility Training
- 30 Minutes 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  
BEFORE JUNE 11<sup>TH</sup>.**

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NAME OF STUDENT: \_\_\_\_\_ GRADE: \_\_\_ AGE: \_\_\_

ADDRESS: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_

HOME PHONE #: \_\_\_\_\_ CELL PHONE #: \_\_\_\_\_