

EDGE 2021

Richland High School Summer Performance Program

WHEN:

- Monday through Thursday during the Summer 2021
- Beginning June 7, 2021
- Ending July 22, 2021
- 9:00am – 11:00am

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
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	
Aug. 2	3	4	5	6
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.richlandroyals.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 7TH.

NAME OF STUDENT: _____ GRADE: ___ AGE: ___ T-SHIRT SIZE: _____
ADDRESS: _____ BIRTHDATE: _____
SCHOOL: _____
PARENT'S NAME: _____
HOME PHONE #: _____ CELL PHONE #: _____