



EDGE 2023

RICHLAND HIGH SCHOOL SUMMER PERFORMANCE PROGRAM



Summer 2023

Monday through Thursday during Summer 2023
Begins June 5, 2023 and Ends July 20, 2023

9-11 A.M. at

Richland High School

5201 Holiday Lane E., NRH, TX 76180

24 Training Sessions

Week 1: Monday, June 5-Thursday, June 8: Training Sessions #1-#4; Friday, June 9th: No Training

Week 2: Monday, June 12-Thursday, June 15: Training Sessions #5-#8; Friday, June 16th: No Training

Week 3: Monday, June 19-Thursday, June 22: Training Sessions #9-#12; Friday, June 23rd: No Training

Week 4: Monday, June 26-Thursday, June 29: Training Sessions #13-#16; Friday, June 30th: No Training

Week 5: Closed for 4th of July Week. Monday, July 3rd - Friday, July 7th: No Training

Week 6: Monday, July 10-Thursday, July 13: Training Sessions #17-#20; Friday, July 14th: No Training

Week 7: Monday, July 17-Thursday, July 20: Training Session #21-#24; Friday, July 21st: No Training

**SIGN UP AND
PAY COACH
KATES AT
THE FIELD
HOUSE BY
JUNE 5TH.**

Program Description:

- Developed and implemented by national certified strength and conditioning coach
- Individualized strength development program
- Speed enhancement and agility training
- Progressive aerobic conditioning program

Who:

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

Cost:

- \$100 (checks payable to RHS)
- Fee covers the entire summer (24 Sessions)
- Pay Coach Ged Kates at RHS Field House or via REVTRAK using the following link:
 - <https://birdvilleisd.revtrak.net/High-Schools/Richland-High-School/rhs-edge-camp/>

Contact Person:

- Coach Ged Kates (Richland Head Football Coach/Athletic Coordinator)
- Office: 817-547-7050 or Cell: 817-821-7594

*Qualifying for a team or participating in any RHS summer program does not ensure open enrollment status. If you are an open enrollment student, you must complete the application and meet all the requirements to attend RHS.



Birdville Independent School District

EDGE 2023 - RHS Performance Summer Program Registration

NAME OF STUDENT: _____ GRADE: _____ AGE: _____ T-SHIRT SIZE: _____

ADDRESS: _____ BIRTHDATE: _____

SCHOOL: _____

PARENT'S NAME: _____

HOME PHONE #: _____ CELL PHONE #: _____

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