



7th Annual **ROYALS RUNNING CAMP** June 2-5, 2025

BOYS & GIRLS ENTERING 3RD-9TH GRADE

TIME: 7-9 P.M. - RICHLAND HIGH SCHOOL

5201 Holiday Lane E., NRH, TX 76180

Areas of Focus:

Sprints, Middle/Long Distance & Field Events
Proper Running Form & Training Methods
Pacing & Race Strategies. Injury Prevention
Proper Warm-Up & Cool-Down Drills
Leadership & Team Building

Complete the registration online:



Cost : \$65 per runner.
\$50 if attending with a sibling.
\$50 if BISD employee.

<https://forms.gle/VoFdhkhrqGcm7tcb7>

Payment options: Cash, Check (checks made to Mark Ashley)
Venmo (@Mark-Ashley-10). Mail to: Mark Ashley
7033 Hovenkamp Ave, Richland Hills, TX 76118

*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.

