

# THE EDGE

## Richland High School Summer Performance Program

### WHEN:

- Monday through Thursday during the Summer 2020
- Beginning June 8, 2020
- Ending July 23, 2020
- 9:00am – 11:00am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 8	9	10	11	12
TRAINING SESSION #1	#2	#3	#4	
15	16	17	18	19
#5	#6	#7	#8	
22	23	24	25	26
#9	#10	#11	#12	
29	30	July 1	2	3
#13	#14	#15	#16	
6	7	8	9	10
NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING	NO TRAINING
13	14	15	16	17
#17	#18	#19	#20	
20	21	22	23	24
NO TRAINING	NO TRAINING	#21	#22	
27	28	29	30	31
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. 3	4	5	6	7
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.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)

- 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 8TH.

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