

# EDGE 2020

## Richland High School Summer Performance Program

### WHEN:

- Monday through Friday during the Summer 2020
- Beginning June 8, 2020
- Ending July 30, 2020
- 8:30am - 10:00am (10-12 Football Players, Male Olympic (All other sports) Athletes);
- 10:00 am - 11:30 am (Female Athletes, Incoming 9th Grade Male Athletes, Middle School Athletes)

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

- \$75.00 (checks payable to RHS)
- Fee is for the entire summer
- Pay Coach Ged Kates at RHS Field House
- If you would like to scholarship another athlete this summer, please add that amount here \$ \_\_\_\_\_

**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 8<sup>TH</sup>.**

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