

# 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 or REVTRAK <https://birdvilleisd.revtrak.net/BISD-High-Schools-1004/Richland-High-School/rhs-edge-camp/>

**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 7<sup>TH</sup>.

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