

# 2022 SUMMER STRENGTH AND CONDITIONING RED OAK HAWKS

**Instructors:**  
ROHS Coaching Staff led by  
Head Football Coach Tony Holmes

**Location:**  
Red Oak High School Athletic Fields

**When:**  
Monday through Thursday  
8:00 AM to 10:00 AM

**Fee:**  
\$50.00 Cash/Check Only or Online Payment  
(Checks Payable to Red Oak Athletics)  
<https://www.redoakisd.org/Page/4637>

**Participants:**  
High School and Middle School Student Athletes  
Incoming 7<sup>th</sup> Graders to 12<sup>th</sup> Grade Students

**Dates:**  
**Begins:** Monday, June 6  
**Ends:** Thursday, July 28

*Conditioning Camp will be Monday through Thursday of each week.  
Please check with your coach for more information regarding dates and times for your specific sport.*

**Turn in Camp Forms and Payment to Tammy Howard in the ROHS Athletic Office**

2021 Summer Strength and Conditioning Camp is for all Red Oak athletes – grades 7 through 12. Summer Strength and Conditioning Camp will focus on strength, flexibility, agility, and speed training while also incorporating motivational techniques designed to improve performance in all sports.

Student Name: \_\_\_\_\_ School and Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

**Cost: \$50.00 – Cash/Check or Online Payment**

**LIABILITY RELEASE:** I understand that in any athletic activity, there is a risk for injury. I assume that risk and will allow my child to participate in Red Oak ISD Summer Camps. I will not hold liable Red Oak ISD, its employees, or any camp worker. I further understand that the camp sponsors will take reasonable precaution to prevent such injuries. In the event of an injury, I give permission for the camp staff to seek adequate medical assistance.

Parent Signature: \_\_\_\_\_

**Reminder that all athletic physicals and online forms for the 2022-2023 school year are due by July 21. Completed physical forms should be turned into the ROHS Athletic Trainer's Office. All required athletic physical forms can be found at <https://redoakisd.rankonesport.com/> For additional information please call 972 617 4635.**