

2023 SUMMER STRENGTH AND CONDITIONING RED OAK HAWKS

Instructors:
ROHS Coaching Staff led by
Head Football Coach Melvin Robinson

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 7th Graders to 12th Grade Students

Dates:
Begins: Monday, June 5
Ends: Thursday, July 27

*Summer Strength and 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.*

DISCIPLINE DESIRE DEDICATION

2023 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 2023-2024 school year are due by July 27. 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.