

# 2021 RED OAK HAWKS SUMMER STRENGTH AND CONDITIONING

# THE STANDARD

**Instructors:**

ROHS Coaching Staff led by  
Head Football Coach Michael Quintero

**When:**

Monday through Thursday  
8:00 - 10:00 AM

**Participants:**

High School and Middle School Student Athletes  
Incoming 7th to 12th Grade Students

**Location:**

Red Oak High School Athletic Fields

**Fee:**

\$40.00 Cash or Check ONLY  
(Checks Payable to **Red Oak Athletics**)  
Includes Camp T-shirt and Breakfast

**Dates:**

Begins: Monday, June 7  
Ends: Thursday, July 29

*Conditioning Camp will be on 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 at 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: \$40.00 – Cash or Check ONLY**

**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 2021-2022 school year are due by July 22**. Completed physicals forms should be turned into the ROHS Athletic Trainer's office. All required athletic physical forms can be found at [Red Oak ISD Rank One Sport Parent Portal](#).

For additional information please call 972 617 4635.