



**RED OAK SUMMER STRENGTH AND CONDITIONING
TRAINING CAMP 2017**

JUNE 5 – AUG 1

**8 WEEK STRENGTH AND CONDITIONING
PROGRAM FOR INCOMING 7TH-12TH**

AREAS OF FOCUS:

INJURY PREVENTION
MOVEMENT PREP
STRENGTH TRAINING
SPEED AND CONDITIONING

PROGRAM INCLUDES:

8 WEEKS OF STATE
CHAMPIONSHIP
PROGRAMMING FROM
CERTIFIED PROFESSIONALS

LOCATION

RED OAK HIGH SCHOOL
WEIGHTROOM
AND
ATHLETIC FIELDS

COST

\$165/ATHLETE
*PAYMENT PLAN
AVAILABLE

TIME

7AM – 9AM
MONDAY - THURSDAY

ATLETSports.COM

817.779.3113

617 N. 7TH ST. MIDLOTHIAN, TX 76065



REGISTER @ ATLETSports.COM/CAMPS



2017 RED OAK SUMMER STRENGTH AND CONDITIONING CALENDAR

**** Calendar is subject to change****

Please have your student athlete confirm with their coaches the workout times and dates for their sport/group

June 2017						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
July 2017						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1				
<div style="display: flex; align-items: center;"> <div style="width: 100px; height: 20px; background-color: #cccccc; margin-right: 10px;"></div> <p>Denotes the days summer strength and conditioning workouts will be held at Red Oak High School</p> </div>						

Reminder that all athletic physicals for the 2017-2018 school year are due by July 31. Completed physicals forms should be turned into the ROHS Athletic Trainers office or ROHS Athletic Office by this date. The athletic physical forms can be found at <https://redoakisd.rankonesport.com/> For additional information please call 972 617 4635.