

# 2018 RED OAK HAWKS SUMMER STRENGTH AND CONDITIONING *ATTACK THE CHALLENGE*

**Instructors:**  
ROHS Coaching Staff led by  
Head Football Coach Chris Ross

**Fee:**  
\$50.00 Cash, Check or Online Registration  
(Checks Payable to Red Oak Athletics)

**When:**  
Monday through Thursday  
High School Athletes 8:00 AM - 10:00 AM  
Middle School Athletes 9:00 AM - 11:00 AM

Includes Camp T-shirt  
Breakfast will be provided - 7:15 AM to 8:00 AM  
Lunch will be provided - 11:30 AM to 12:30 PM

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

**Dates:**  
Begins: Monday, June 4  
Ends: Thursday, July 19  
No Workouts the week of July 4

Register Online at [www.redoakisd.org](http://www.redoakisd.org) - Athletics - 2018 Summer Camps  
or

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

2018 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.

*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.*

Student Name: _____	School and Grade: _____
Address: _____	Sport(s) Played: _____
City/Zip: _____	Emergency Phone: _____
Parent's Name: _____	Shirt Size: _____

**Enclosed: \$50.00**

**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, nor 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: \_\_\_\_\_

**2018 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 2018

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

### July 2018

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	31				

 Denotes the days summer strength and conditioning workouts will be held at Red Oak High School

**Reminder that all athletic physicals for the 2018-2019 school year are due by July 26. 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.**