



ROYSE CITY GIRLS 2021

SUMMER STRENGTH AND CONDITIONING

***Girls entering grades 7 & 8 Grade**

Our goal is to continue to develop and improve each individual's strength, agility, conditioning, and desire to be a champion. Each workout will be led by one of our RCISD girls' coaches. These workouts are designed to be intense, strenuous, and to push each participant beyond where they think they can go. We are here to make each kid better and prepare them for next year.

Instructors: DaLinda Cassell, Matt Rager, Shannon Ellington, Carl Chandler, Jamie Allen, Shaun Amador, Jaycee Fourkiller, and Marisa Patterson.

Location of ALL Strength and Conditioning Workouts:

Ouida Baley Middle School

PAYMENT INFORMATION:

7th-8th Graders FEE \$50.00

(make checks payable to: RCISD Athletics)

*****Checks must include DL # and Phone #*****

MIDDLE SCHOOL (INCOMING 7TH AND 8TH GRADERS)

Dates: June 7- 10 June 14-17 June 21-24 June 28- July 1

July 12-15 July 19-22 July 26-29 (Monday-Thursday)

Time: 9:00 - 11:00

Place: Ouida Baley Middle School

*****ALL INCOMING 7 & 8th GRADERS MUST HAVE A CURRENT PHYSICAL ON FILE*****

Girls Strength and Conditioning Enrollment Form

Student Name: _____

Parent/Guardian: _____

Address: _____ **City:** _____

Contact Phone # _____

Grade(2021-22): _____