



Red Mountain High School  
2019 Summer Strength Training

<b>AGES:</b>	Incoming 9 <sup>th</sup> thru 12 <sup>th</sup> Grade Students	
<b>LOCATION:</b>	Red Mountain High School Weight Rooms	
<b>DATES:</b>	May 28 – July 25; Monday thru Thursday each week (no training the week of July 4 <sup>th</sup> )	
<b>TIMES:</b>	<input type="checkbox"/> <b>Varsity Football</b> 6:00 AM – 7:30 AM <input type="checkbox"/> <b>JV Football</b> 7:30 AM – 9:00 AM <input type="checkbox"/> <b>Frosh Football</b> 9:00 AM – 10:30 AM <input type="checkbox"/> <b>Badminton</b> 9:30 AM – 11:00 AM <input type="checkbox"/> <b>Girls Volleyball</b> 12:00 PM – 1:30 PM <input type="checkbox"/> <b>Boys Volleyball</b> 12:00 PM – 1:30 PM <input type="checkbox"/> <b>Wrestling</b> 8:00 AM – 9:30 AM <input type="checkbox"/> <b>Softball</b> 9:30 AM – 11:00 AM <input type="checkbox"/> <b>Tennis</b> 9:30 AM – 11:00 AM <input type="checkbox"/> <b>Cheer</b> 10:30 AM – 12:00 PM	<input type="checkbox"/> <b>Track</b> 6:00 AM – 7:30 AM <input type="checkbox"/> <b>Cross Country</b> 7:30 AM – 9:00 AM <input type="checkbox"/> <b>Baseball</b> 1:00 PM– 2:30 PM <input type="checkbox"/> <b>Boys &amp; Girls Soccer</b> 9:30 AM – 11:00 AM <input type="checkbox"/> <b>Swim &amp; Dive</b> 10:30 AM – 12:00 PM <input type="checkbox"/> <b>Frosh/JV Boys Basketball</b> 11:00 AM – 12:30 PM <input type="checkbox"/> <b>Varsity Boys Basketball</b> 9:30 AM – 11:00 AM <input type="checkbox"/> <b>Frosh/JV Girls Basketball</b> 11:00 AM – 12:30 PM <input type="checkbox"/> <b>Varsity Girls Basketball</b> 1:00 PM – 2:30 PM
<b>COST:</b>	Early bird registration by May 11: \$110 – online \$120 – school bookstore Late registration after May 11: \$150 – online \$160 – school bookstore	
<b>CONTACT:</b>	Ben Brandau– bjbrandau@mpsaz.org	



**SAVE \$10, REGISTER ONLINE** at <https://mpswbpay.mpsaz.org> or submit registration below to:  
Red Mountain High School Bookstore | 7301 East Brown Road | Mesa, AZ 85207

Student Name:	Grade: _____
Parent/Guardian:	Age: _____
Phone: (H) _____ (C) _____	School: _____
Email: _____	Student ID#: _____
Emergency Contact Name: _____	
Phone: (H) _____ (C) _____	
I give permission for my child to participate in the sports program listed. I/we understand all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify and hold harmless Mesa Public Schools and the school from any claim arising out of any injury to my child.	
<b>Parent Signature:</b> _____	
I give permission to photograph my child during camp participation for publicity use and/or news release. <input type="checkbox"/> YES <input type="checkbox"/> NO	
Does your child have health conditions/concerns of which staff should be aware? If so, please explain:	

<b>PAYMENT:</b>
To pay by debit card or credit card and receive a discount, register online at <a href="https://mpswbpay.mpsaz.org">https://mpswbpay.mpsaz.org</a> . For online payment questions call (480) 472-0118. For camp related questions, contact the coach listed above.
Check # _____ Check amount \$ _____
Make checks payable to Red Mountain Athletics
For office use only: D1301a Q5 2019