

**Red Mountain High School**  
**Football**  
**2022 Summer Speed & 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 23 – July 22; Monday thru Thursday each week	
<b>GROUPS:</b>	<input type="checkbox"/> Varsity Football	<b>7AM-11AM</b>
<b>TIMES:</b>	<input type="checkbox"/> JV Football	<b>Each group will have a 1 ½ hour session, sometime between this 4-hour block. Exact lifting times will be finalized as we get closer to summer.</b>
	<input type="checkbox"/> Frosh Football	
<b>COST:</b>	Early bird registration by May 1: \$150 – online    \$160 – school bookstore Late registration after May 1: \$200 – online    \$210 – school bookstore	
<b>INCLUDES:</b>	2 Months of Speed & Agility + Weight Training sessions, 7on7 Participation/Registrations, Camp Shirt. This Payment is not associated with the overnight RM FOOTBALL CAMP in California	
<b>SHIRT SIZE:</b>	<input type="checkbox"/> SMALL <input type="checkbox"/> MEDIUM <input type="checkbox"/> LARGE <input type="checkbox"/> X-LARGE <input type="checkbox"/> XX-LARGE <input type="checkbox"/> XXX-LARGE	
<b>CONTACT:</b>	Josh Barge, Red Mountain Director of Sport Performance <a href="mailto:jebarge@mpsaz.org">jebarge@mpsaz.org</a> Or Kyle Enders, Red Mountain Head Football Coach <a href="mailto:kcenters@mpsaz.org">kcenters@mpsaz.org</a>	

**SAVE \$10, REGISTER ONLINE** at <https://az-mesa.intouchrecepting.com/> 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: _____	

**PAYMENT:**  
To pay by debit card or credit card and receive a discount, register online at <https://az-mesa.intouchrecepting.com/>.  
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: D1340b Q5 2022

