

Red Mountain High School
Football
2023 Summer Speed & Strength
Training



| | | |
|--------------------|---|----------|
| AGES: | Incoming 9 th thru 12 th Grade Students | |
| LOCATION: | Red Mountain High School Weight Room/Game Field/Track/Practice Fields | |
| DATES: | May 20 – July 28; Monday thru Thursday each week | |
| GROUPS: | <input type="checkbox"/> Varsity Football (11-12) | 6am-9am |
| TIMES: | <input type="checkbox"/> JV Football (10) | 6am-9am |
| | <input type="checkbox"/> Frosh Football (9) | 7am-10am |
| COST: | Early bird registration by May 5: \$150 – online \$160 – school bookstore Late registration after May 5: \$200 – online \$210 – school bookstore | |
| INCLUDES: | 30 Sessions of Speed & Agility, Weight Training, FB Specific drills, 7on7 Participation/Reg, Camp Shirt. This Payment is not associated with the overnight RM FOOTBALL CAMP @ Tontazona | |
| SHIRT SIZE: | <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 | |
| CONTACT: | Josh Barge, Red Mountain Director of Sport Performance jebarge@mpsaz.org Or Kyle Enders, Red Mountain Head Football Coach kcenders@mpsaz.org | |

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. | |
| Parent Signature: _____ | |
| 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 .
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: D1304a Q5 2023



- Mesa Intouch Log-In**
1. Items at all schools
 2. High Schools
 3. Red Mountain High
 4. Sports Camps
 5. Football
 6. Add This camp
 7. Finish and Pay