


# Red Mountain High School Athletics

## 2023 Summer Strength Training Programs

<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 30 – July 21; Monday thru Thursday each week OFF June 12-16 (Campus Wide Conflicts) NO CAMP THIS WEEK OFF July 3-7 (4 <sup>th</sup> of July Holiday) NO CAMP THIS WEEK July 17-21 Shirt Distribution FOR ALL PAID CAMPERS	

<b>Sessions:</b> Developing athletes and a higher level of athleticism is the number one goal of our programming. This is accomplished through injury prevention, kinesthetic awareness, and increasing the athlete's performance levels. Injury prevention is accomplished through teaching the proper technique, constant evaluations, and testing measures while increasing performance levels are reached through proper training techniques and protocols. Utilization of the following principles is harnessed to accomplish these movement goals: Ground Based Movements, Multiple Joint Movements, and Three Dimensional Movements.	<b>Sports Team</b>	<b>Time</b>	<b>Area</b>
	<input type="checkbox"/> ALL Track & Cross Country	6:30 AM – 7:30 AM	Gillen Weight Room
	<input type="checkbox"/> Fr. VB/Soccer/Softball Beginners	7:00 AM – 8:00 AM	Slemmer Weight Room
	<input type="checkbox"/> VAR Boys & Girls Volleyball	8:00 AM – 9:00 AM	Slemmer Weight Room
	<input type="checkbox"/> VAR Boys & Girls Soccer	9:00 AM – 10:00 AM	Gillen Weight Room
	<input type="checkbox"/> ALL Badminton	9:00 AM – 10:00 AM	Gillen Weight Room
	<input type="checkbox"/> VAR Softball	9:00 AM – 10:00 AM	Slemmer Weight Room
	<input type="checkbox"/> VAR Boys Basketball	9:30 AM – 11:00 AM	Gillen Weight Room
	<input type="checkbox"/> ALL Baseball	10:00 AM – 11:00 PM	Jones Weight Room
	<input type="checkbox"/> ALL Swim & Dive	10:00 AM – 11:00 AM	Slemmer Weight Room
	<input type="checkbox"/> ALL Tennis	10:00 AM – 11:00 AM	Slemmer Weight Room
	<input type="checkbox"/> ALL Spirit-line	11:00 AM – 12:00 AM	Jones Weight Room
	<input type="checkbox"/> FR/SO Boys Basketball	11:00 AM – 12:00 PM	Gillen Weight Room
	<input type="checkbox"/> ALL Girls Basketball	12:30 PM – 1:30 PM	Slemmer Weight Room
<input type="checkbox"/> ALL Girls Flag Football	12:30 PM – 1:30 PM	Slemmer Weight Room	

**SHIRT SIZE:**       SMALL     MEDIUM     LARGE     X-LARGE     XX-LARGE     XXX-LARGE

**COST:** Early bird registration by May 12: \$100 – online - \$110 in the bookstore  
 Late registration after May 12: \$150 – online - \$160 in the bookstore

**CONTACT:** [Josh Barge, Red Mountain Director of Sport Performance jebarge@mpsaz.org](mailto:jebarge@mpsaz.org)

**REGISTER ONLINE at <https://mpswebpay.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.

**Parent Signature:** \_\_\_\_\_

I give permission to photograph my child during camp participation for publicity use and/or news release.  YES  NO

Does your child have health conditions/concerns of which staff should be aware?  YES  NO If so, please explain:

**PAYMENT:**

[To pay by debit card or credit card and receive a discount, register online at https://mpswebpay.mpsaz.org.](https://mpswebpay.mpsaz.org)

For online payment questions please email [mpswebpay@mpsaz.org](mailto:mpswebpay@mpsaz.org). For camp related questions, contact the coach listed above.

Check #	Check amount \$
<b>Make checks payable to Red Mountain Athletics</b>	
For office use only: D1340a Q5 2023	

