

Red Mountain High School Athletics 2022 Summer Strength Training



AGES:	Incoming 9 th thru 12 th Grade Students	
LOCATION:	Red Mountain High School Weight Rooms	
DATES:	May 24 – July 22; Monday thru Thursday each week (no training week of July 4 th)(Individual programs can add or changes dates as well) <i>Times are just approximations and are subject to change. An email will be sent out May 16th confirming the exact times for each session. Enrollment in sessions will set times and groups could combine or split based on numbers.</i>	
TIMES:	<input type="checkbox"/> Badminton 9:00 AM – 10:00 AM <input type="checkbox"/> Girls Volleyball 8:00 AM – 9:00 AM <input type="checkbox"/> Boys Volleyball 8:00 AM – 9:00 AM <input type="checkbox"/> Softball 9:00 AM – 10:00 AM <input type="checkbox"/> Tennis 10:00 AM – 11:00 AM <input type="checkbox"/> Spirit-line 11:00 AM – 12:00 AM	<input type="checkbox"/> Track 7:00 AM – 8:00 AM <input type="checkbox"/> Baseball 10:00 AM – 11:00 PM <input type="checkbox"/> Boys & Girls Soccer 9:00 AM – 10:00 AM <input type="checkbox"/> Swim & Dive 10:00 AM – 11:00 AM <input type="checkbox"/> Boys Basketball 11:00 AM – 12:00 PM <input type="checkbox"/> Girls Basketball 12:30 PM – 1:30 PM
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	
COST:	Early bird registration by May 10: \$100 – online \$110 – school bookstore Late registration after May 10: \$150 – online \$160 – school bookstore	
CONTACT:	Josh Barge, Red Mountain Director of Sport Performance jebarge@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 <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: D1340a Q5 2022

