



2024 STRENGTH & CONDITIONING

MONDAY THRU THURSDAY

(no workouts week of July 1st or on July 22-23)

BOYS

7th-9th Grade

June 3-July 25 • 7:00-8:30 am

Mickey Florence Indoor Facility
on Kyle Drive at RHS

BOYS

10th-12th Grade

June 3-Aug. 1 • 8:45-10:15 am

Mickey Florence Indoor Facility
on Kyle Drive at RHS

GIRLS

7th-12th Grade

June 3-July 25 • 7:00-8:30 am

Rockwall High School
Gym/Weight Room

Online Registration

Go to [Rockwallisd.com/Page/2401](https://rockwallisd.com/Page/2401) or click below:



COST IS
\$120

Send Registration

Yellowjackets Strength & Conditioning
901 Yellowjacket Lane • Rockwall TX 75087
Cash or Check Payable To: **Rockwall ISD**

Join Yellowjackets Strength & Conditioning **SportsYOU** Group using access code: **W8N5-HMG7**



RISD APPROVED CAMP

All Rockwall Independent School District Athletic Camps donate a portion of their proceeds to a scholarship fund benefiting graduating seniors from Rockwall HS and Rockwall-Heath HS.

For more information contact Coach Trey Brooks at trey.brooks@rockwallisd.org

LIABILITY RELEASE

Neither the camp nor any individual supervising or assisting the camp will be liable for injuries, loss, or damage.
The undersigned agrees that no liability will be asserted and hereby waives all such claims.

Student Name _____

Parent/Guardian Signature _____