



SPEED & STRENGTH

NON

DATES:

WEEK OF JUNE 6, 13, 20, 27

WEEK OF JULY 11, 18, 25

(NO CAMP WEEK OF JULY 4TH)

REGISTRATION ONLINE AT



TIMES:***

ALL GIRLS ATHLETICS - 7:00-9:00 AM

11TH-12TH FOOTBALL - 8:00-10:00 AM

9TH-10TH FOOTBALL - 9:00-11:00 AM

ALL HS BOYS (NON-FOOTBALL) - 10:00-11:45 AM

ALL MS BOYS - 10:15-11:45 AM

—MUST HAVE PHYSICAL ON FILE WITH RRISD—

FEE (PAID ONLINE ONLY): \$135

*WAIVER FOR THOSE ON FREE LUNCH PROGRAM

QUESTIONS: RAWLEY_FARRELL@ROUNDROCKISD.ORG

GROUP WORKOUT TIMES COULD BE ADJUSTED DUE TO NUMBERS AND WEIGHT ROOM CAPACITY