



Summer Strength & Conditioning Program

June 13- July 29

M-W-F Mornings

- Students entering grades 7-12 for the 2022-2023 school year
- No Sessions July 4th- July 8th
- 3 Sessions to choose from: \$75.00 fee
- Please number your preferred sessions in order of preference 1,2,3

—7-8:30 AM

—8-9:30 AM

—9-10:30 AM

- Get a head start on next year's sports seasons by getting in shape this summer.
- If signing up by check, please make checks payable to RCYSC
- Please select the session you choose and the T-shirt size you need
- Limited to 30 Max per session - sign up early!
- Lettering opportunity for those that meet the qualifications.

Contact Information: Nick Oeltjen noeltjen@rushcity.k12.mn.us

Mike O'Donnell michael.odonnellhfc@mail.com

Lee Rood lrood@rushcity.k12.mn.us

Name: _____ Grade (22-23)_____

Address: _____

Phone Number: _____

Please number your preferred sessions in order of preference 1,2,3

—7-8:30 AM

—8-9:30 AM

—9-10:30 AM

Circle One

T-Shirt Size

Size XL

Size L

Size M

Size S