



2026 STRENGTH & CONDITIONING

# MONDAY THRU THURSDAY

(no workouts week of June 29th or on July 20 and 21)

**COST IS \$140**

## BOYS

7th-9th Grade

June 1-July 23 • 7:00-8:30 am

Mickey Florence Indoor Facility on Kyle Drive at RHS

Online Registration



## BOYS

10th-12th Grade

June 1-July 30 • 8:45-10:15 am

Mickey Florence Indoor Facility on Kyle Drive at RHS

Online Registration



## GIRLS

7th-12th Grade

June 1-July 23 • 7:00-8:30 am

Rock9 (Rockwall Ninth-Grade Campus) on FM 1141

Online Registration



**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](mailto: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 \_\_\_\_\_