

2010 ROGERS ROYALS



Summer Speed & Strength Intro Class

This introduction program is for all athletes (boys and girls) entering **grades 7 & 8** at Rogers Middle School.

Monday - Thursday • 10:00am-12:00pm June 14-July 22 (*MSHSL Blackout: No Class Th July 1 or July 5-July 8*)

Rogers High School Weight Room & Track

FEE: \$80 (walk-up \$85)

Summer Speed & Strength Program

This program is for all athletes (boys and girls) entering **grades 9 – 12** at Rogers High School.

This two-hour workout is designed to build each individual athlete's strength, speed, stamina, quickness, agility, confidence and self-esteem.

Monday - Thursday • 8:00-10:00am June 14-August 5 (*MSHSL Blackout: No Class Th July 1 or July 5-July 8*)

Rogers High School Weight Room & Track

FEE: \$100 (walk-up \$105)

Youth Football Camp

The Rogers Royals varsity coaching staff is running a football camp for anyone entering **grades 2 - 6**. This will be a non-contact camp emphasizing the fundamentals of football. Participants will need shoes, shorts and a t-shirt.

Monday - Thursday • 4:00-6:00pm August 2-5

Rogers High School Practice Fields

FEE: \$50 (walk-up \$55)

9th–12th grade Football Camp

The Rogers Royals varsity coaching staff is running a football camp for all players entering **grades 9 - 12**. Players should wear football shoes, shorts & t-shirt. Helmet, shoulder pads and mouth guard will be checked out to players.

Monday - Thursday • 6:00-8:30pm July 26-29

Rogers High School Practice Fields

FEE: \$50 (walk-up \$55)

-----ROGERS ROYALS REGISTRATION FORM-----

PLEASE (✓) CHECK PROGRAM.

SUMMER SPEED & STRENGTH INTRO CLASS

SUMMER SPEED & STRENGTH

YOUTH FOOTBALL CAMP

VARSITY FOOTBALL CAMP

Name _____

Grade Entering _____ Phone Number _____

Any questions, please call Coach Franz at **763-443-1861** or go to **www.rogersroyalsfootball.org**

**Make checks out to: Rogers QB Club
and mail to: Marc Franz
9333 O'Brian Ave NE
Otsego, MN 55330**

Waiver: In consideration of you accepting this entry, I hereby waive any and all rights and claims for damages I may have against ISD #728 and/or its representatives for any and all injuries suffered by me or by my child while a participant or spectator at the activity indicated above.

Parent/Guardian Signature

Date