2009 ROGERS ROYALS

Summer Speed & Strength Intro

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 22-July 23
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 15-August 6
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 3-6
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 27-30
Rogers High School Practice Fields
FEE: $50 (walk-up $55)

ROGERS ROYALS REGISTRATION FORM

PLEASE (✔) CHECK PROGRAM.
___SUMMER SPEED & STRENGTH INTRO
___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