

ROSEHILL CHRISTIAN ATHLETICS STRENGTH AND CONDITIONING CAMP

Ryan Anthony, M.Ed., CSCS

Coach Ryan Anthony is the Head Strength and Conditioning Coach at Rosehill Christian School. He is also the Head Junior High football coach as well as the assistant high school football and baseball coach. Coach Anthony has a Masters of Education in Kinesiology from Stephen F. Austin State University and is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Prior to coaching at Rosehill, Coach Anthony spent four years as an assistant strength and conditioning coach at Stephen F. Austin State University as well as one season with the Cincinnati Reds Minor League system.



CAMP DESCRIPTION

The Rosehill Christian Athletics strength and conditioning camp is designed for athletes grades seven through twelve. The athletes will build a solid foundation of physical development through sport specific speed and strength training by learning the proper techniques and movements. The athletes will enhance their flexibility, strength, speed, power, and agility. Physical and mental strength training will give an athlete a competitive edge!

CAMP TIME SCHEDULE

Boys I	8 – 9:30 a.m.
Boys II	12 – 1:30 p.m.
Girls	10 – 11:30 a.m.

CAMP DATES AND PRICING

June 1 - 25	\$250
June 29 – July 23	\$250
June 1 – July 23	\$450

ROSEHILL
CHRISTIAN SCHOOL

Strength & Conditioning Camps



Coach Ryan Anthony

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June 1–25 (4 weeks - Mon. - Thurs) Grades 7th – 10th - \$250

___ **Boys 8:00 - 9:30**

___ **Girls 10:00 – 11:30**

___ **Boys 12:00 – 1:30**

June 29 – July 23 (4 weeks - Mon. – Th.) Grades 7– 10 - \$250

___ **Boys 8:00 – 9:30**

___ **Girls 10:00 –11:30**

___ **Boys 12:00 – 1:30**

June 1 – July 23 (8 weeks –both sessions) \$450

2009 Shelby Leadership Camp Registration

**Print this form, complete and return to Rosehill Christian School, Attn: Coach Len Shelby, Athletic Director.
Make checks payable to Rosehill Christian School.**

Child's Name _____ Age _____ Grade completed _____ Male Female

Parent/Guardian Name(s)- _____

Parent email address - _____

Address _____ City _____ Zip Code _____

Home Phone _____ Work Phone _____ Cell Phone _____

Any allergies, medications, or special conditions? (Please specify) _____

Current Rosehill Christian student? Yes No

If not, current school: _____

T-shirts for camps are included in registration fees. Please specify t-shirt size:

youth small youth medium youth large adult small adult medium adult large adult XL adult XXL

EMERGENCY INFORMATION:

Person to be contacted (if parent cannot be reached)

Relationship _____ Home phone _____ Work phone _____ Cell
phone _____

Please read the following information carefully: In consideration of my participation at Rosehill Christian School, I do hereby, for myself, release and discharge Rosehill Christian School and all personnel thereof for all claims or damages, demand, action or whatsoever in any manner arising or growing out of my participation. I attest and verify that I, without endangering my health, hereby release Rosehill Christian School from any liability now or in the future; including, but not limited to heart attacks, muscle strains, pulls, broken bones, shin splints, heat prostration, knee, lower back, or foot injuries or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right to discontinue an athlete's program at any time for any reason. I have read the information in full, and to the best of my ability understand the information above.

Participant signature: _____

Parent/Guardian signature: _____

When completed, please return to Rosehill Christian School, Attn: Coach Len Shelby, Athletic Director.

Camp fees should be paid upon receipt of the registration form. Refund Policy: A 50% refund will be given when written notice of cancellation is received by Coach Shelby two weeks prior to the first day of camp. Camp spaces will be limited and will be given on a first come-first served basis.