



2025 STRENGTH & CONDITIONING

MONDAY THRU THURSDAY

(no workouts week of June 30th or on July 21-22)

BOYS

7th-9th Grade

June 2-July 24 • 7:00-8:30 am

*Mickey Florence Indoor Facility
on Kyle Drive at RHS*

BOYS

10th-12th Grade

June 2-July 31 • 8:45-10:15 am

*Mickey Florence Indoor Facility
on Kyle Drive at RHS*

GIRLS

7th-12th Grade

June 2-July 24 • 7:00-8:30 am

*Rockwall High School
Gym/Weight Room*

Online Registration

Go to
rockwallisd.com/athletics1/online-tickets
or scan the QR code to the right



**COST IS
\$120**

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

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 _____