

Eligibility

All enrolled RHS students through 12th grade.

Dates & Times

May 27th – 29th Max Outs TBD
June 2nd – July 31st

NO lifting June 19th
NO lifting 6/30 through 7/4

11-12 Grade Boys

Mon / Tues / Wed / Thurs
7:00 – 8:30 a.m.
RHS weight room

9-10 Grade Boys

Mon / Tues / Wed / Thurs
8:00 – 9:30 a.m.
RHS weight room

9-12 Grade Girls

Mon / Tues / Wed / Thurs
9:30 – 10:30 a.m.
RHS weight room

Fees

9-12 Grade Boys: \$90

9-12 Grade Girls: \$90

† Each athlete is only being charged about \$2.81 per session to train in this 8-week program - plus you get a t-shirt

SSA Program

This program is designed to help each athlete become a stronger, faster, more agile competitor in each of his/her sports. We will focus on weightlifting, plyometrics, speed training, and core strength to achieve these goals.

Donations

If you are interested in donating money toward new equipment for the weight room, please indicate in “Wt. Room Donation” section.

Registration

Name _____

Grade in 9/25 _____ Gender M F

Address _____

City _____

Phone _____

Emergency Contact / Phone Number

Mail / drop off checks payable to:
Rocori High Activities Office
c/o Rocori Weight Room
534 5th Ave. N.
Cold Spring, MN 56320

Camp Fee* \$90

Shirt Size XS S M L XL 2XL 3XL

Wt. Room Donation \$_____

*Money used for new weight room equipment

Amount Paid \$_____

*Money non-refundable after start of program.

Release of Liability / Medical Consent

I, undersigned parent / guardian for _____,

do hereby authorize the staff to act on my behalf according to their best judgement in an emergency requiring medical attention. I also release the School District 750 and program staff from any and all liability for injuries incurred while participating in the 2025 Spartan SSA program.

I certify that to the best of my knowledge; the child is in good physical condition and has no disease or injury that would impair his/her ability to participate in the summer camp.

Insurance Carrier

Policy Number

Parent Signature

Summer Strength Coaches

Jake Zauhar **Head Strength Coach**

Nick Tylutki **HS Strength Coach**
HS Football

Gary Distel **Assist. Varsity Football**

James Herberg **Head Varsity Football**

Summer Spartan Challenge

Athletes will have an opportunity to letter in Strength Training by showing improvement throughout their program, attending 80% of lifting sessions, and competing in the Spartan Challenge lifting competition on 7/31.

2025 RHS Spartan



SSA (Strength, Speed, Agility) Program

June 2nd – July 31st

Registration due May 23