



SHARPEN YOUR SKILLS THIS SUMMER!



SPEED AND AGILITY CAMP



Get ready to move faster, react quicker, and master the fundamentals. This high-energy camp is designed to help young athletes build a solid athletic foundation through specialized agility drills and speed development exercises.



LED BY COACH CURRIE AND COACH HOWARD



CAMP DETAILS



WHO: For RMA Students Only
Boys and Girls
(Rising 5th – 8th Graders)

- Rising 6th–8th graders must have NCHSAA physical in DragonFly
- Rising 5th graders must provide proof of a current physical



WHEN: Mondays |
June 8, 15, and 22



WHERE: RMA Gym/Field



TIME: 9:00am–11:00am

PRICING & REGISTRATION



Single Session:
\$40 per athlete



Full Camp (All 3 Sessions):
\$100



Family Discount:
Take **\$10** off for additional children from the same household.

PLAY FOR A CAUSE

All proceeds from this camp directly benefit the **Middle School Baseball Team.**

Your participation helps support our young athletes with equipment, travel, and program development.



“CHAMPIONS ARE BUILT IN THE OFF-SEASON.
TRAIN WITH PURPOSE.”



HOW TO SIGN UP

- Return the slip below.
- Space is limited—reserve your spot today!

WHAT TO BRING



Comfortable athletic clothing



Non-marking gym shoes



Water bottle

HOW TO PAY

Cash or Check made out to RMA

ANY QUESTIONS? CONTACT COACH HOWARD | whoward@rivermill-academy.org

PLEASE RETURN THE SLIP BELOW.

Athlete Name: _____ Grade Level (2026–2027): _____
 Parent/Guardian Name: _____
 Contact Info (Phone and Email): _____