Dear Coach/Athlete,

I would like to invite you to the 14th annual ROCORI **Spartan Challenge** weight lifting & speed/agility competition. It will be held in our weight room & stadium at ROCORI High School. Please bring your 10th-12th grade boys **AND** girls to compete in the following events;

-**Bench Press** -**Vertical Test** (electronic)

-**Power Clean** -**Pro-Agility** (electronically timed)

-**Squat** -**40 yrd sprint** (electronically timed)

All scores will be based on the MPPO (Most Pounds Per Ounce) method. To do this, add the totals of the 1RM of the bench press, power clean, and back squat together and divide by the athlete's body weight.

Perks / Benefits:
Each athlete will receive a t-shirt with their registration fee (if registration is received by the deadline). Male and female awards are handed out based on MPPO, weight lifted, speed, and height jumped. MPPO determines a tie. Locker rooms are available for the athletes to change and shower if needed. Past sponsors and experiences include **HyVee, Bicknell & Lehn Family Dentist, Cold Spring Family Dentist**, **Viking Coke**, **Bernicks**, **State Farm Insurance**, **Allied Chiropractic**, **Cold Spring Spine and Wellness**, **Rambow, Face Foundry**, **MN Timberwolves & MN Lynx**, **GNC, All-Star Nutrition, Army National Guard, Navy, Air Force, Kwik Trip, Nuts-N-More, MN Vikings, Nothing Bundt Cakes,** and **Scheels** donated gift cards, and a handful more!

Results of performances can be sent to college coaches per coach/athlete request. This is your chance to make a name for yourself and enhance your recruiting status!

Results will be updated throughout the competition. Fall coaches will have a fantastic opportunity to see how their athletes perform before the fall sports practices start.

Follow us on Social Media! Updates will be seen here!

twitter @Sprtanchallenge

facebook @Spartan Challenge

Instagram Spartan_challenge_rocori

YouTube Rocori Spartan Challenge

When: Thursday, July 30th 2026
Time: 9:00am – until done (usually early afternoon) *Cafeteria style
Cost per athlete: Early bird registration due June 26th **$50.00** or **$55.00 thereafter** (shirt not guaranteed, may register at door) *please make checks payable to Rocori Activities Office

*No cost to coaches (**All athletes competing must be accompanied by a coach)**

****Any questions should be directed to Rocori Strength Coach, Jake Zauhar, at zauharj@rocori.k12.mn.us****

Spartan Challenge Registration Form
(Please return this with payment)

Athlete Name (please print)**: _____ Gender (circle one):** M F

Athlete E-mail: _____ School Name: _____

Parent Name: _____ Parent Phone: _____

Grade in fall: _____ Years you've attended the Challenge (circle all that apply): **2024 2025**

(Strength) Coach's Name: _____

Sport(s) you participate in: _____ _____ _____

Payment Amount: **$_____** (please make checks payable to Rocori Activities Office)

T-Shirt Size (clearly circle one): XS S M L XL XXL XXXL

I, undersigned parent/guardian for _____, (**print athlete's full name**) do hereby authorize the staff to act on my behalf according to their best judgment 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 2026 Spartan SSA Challenge.

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 their ability to participate in this competition.

_____ Parent Signature

_____ Printed Parent Name

***Must have a parent / guardian signature to participate in this event!**

Please return the completed registration form for each athlete with information and payment. Please make checks payable to ***Rocori Activities Office***.
Mail to:

Rocori High School
Attn: Jake Zauhar
534 5th Ave N
Cold Spring, MN 56320

Or, you may register online at: https://www.rocori.k12.mn.us/activities/athletics/spartan-strength-training