

“THE TIME WILL COME WHEN
WINTER WILL ASK WHAT YOU
WERE DOING ALL
SUMMER.” -HENRY CLAY

ROCKET POWER

2017 Camp Schedule

Mon., June 12 - Thurs., August 3
(No training week of July 3rd)

Strength & Conditioning

	Mon/Wed	Tues/Thurs
7:30 - 9am	H.S. Boys	H.S. Girls
8:30 - 10am	H.S. Girls	H.S. Boys
11 - 12:30pm	M.S. Boys & Girls	

Sport-Specific Skill Practices 9am - 11am

Football (20 hrs)	Mondays/Wednesdays: June 19 – July 26
Boys B-ball (10 hrs)	Tuesdays: June 20, 27, July 18, 25 Thursdays: June 22
Girls B-ball (10 hrs)	Tuesdays: June 13, 27, July 11 - 25
Girls Volleyball (10 hrs)	Thursdays: June 15, 22, July 13 - 27

SIGN UP TODAY!

Visit RCE webpage to access the online Rocket Power registration form. **Deadline: Friday, June 2nd.**

GRADES 7-12

(2017-18 school year)

Maximize sport performance, build confidence, and prevent injury through structured daily workouts to improve strength, power, speed, and agility.

PROGRAM FEE

\$60

SPORT – SPECIFIC

additional

\$30/sport

(*Football \$60)



Please direct any questions to
Coach Cora:
763-477-5294
sandowc@rockford.k12.mn.us

FREQUENTLY ASKED QUESTIONS!



What is Rocket Power?

Rocket Power is a strength & conditioning program designed for students to improve sports performance through a variation of resistance training, speed/agility/quickness and conditioning drills, flexibility, balance, and core exercises. Competitive games, team building activities and goal setting is also emphasized.

When is summer Rocket Power (RP)?

Mondays – Thursdays from June 12th – August 3 (no training the week of July 3rd). Please see the flyer for specific days and times.

How do I sign up?

Visit the Rockford Community Education webpage and **fill out the specific Rocket Power summer registration form:**

www.rockford.k12.mn.us → District Services

→ Community Education

→ General Community Ed & Registration Forms

(CLICK HERE: Summer 2017 Rocket Power Registration)

What is the fee?

The base fee is \$60 for the full 7 week strength and conditioning program. Optional sport – specific training is an additional \$30 per sport (football is \$60).

What is sport-specific?

Sport – specific training is similar to a sports practice or camp. It provides 10 hours (20 hours for football) of instructional practice over a period of 5 weeks (see flyer for further details).

Can I sign my child up for only sport – specific options?

No, summer Rocket Power is a comprehensive strength and conditioning program. The primary focus during the off-season for student-athletes is developing strength as it directly relates to an increase in sports performance including speed, power and injury prevention. The sport- specific component should be viewed as an incentive for those participating in the Rocket Power program.

I have a student membership at the RCC. Do I still have to register?

Yes. A student membership is not a requirement for summer Rocket Power. The summer program is structured as a flat fee. **A family membership or student membership is only required if the student wishes to use RCC facilities outside of the RP schedule. If you would like to cancel your student membership, please call 763-477-5294, email Cora at sandowc@rockford.k12.mn.us, or stop by the RCC front desk.**

Do I have to attend all the days of Rocket Power training?

We encourage student-athletes to attend all scheduled sessions for optimal results; however, we understand that this is just not realistic for some. Commitment to just 1 day/week is better than not attending at all. If it is a matter of transportation, we strongly suggest finding friends/teammates/neighbors to carpool with.

Still have questions?

Please contact Coach Cora at 763-477-5294 or sandowc@rockford.k12.mn.us.