

### ROCK HILL HIGH SCHOOL ATHLETICS



# MEET THE COACHES & SPORTS PROGRAMINFO











# Blue Hawks Softball





SportsYou App: QLGPG2RZ



Twitter: @RockHillSball



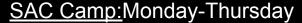
Instagram: RockHillSoftball





Assistant Coach: Rhana Ramos





- 10th-12th Grade 7-9AM
- 7th-9th Grade 9:30-11:30
- Where FAMILY begins

#### **Skills Training:**

Tuesday

• 9:00-11:00 (90 min skills)

#### Softball Camp:

June 6-9

- 3rd-6th 9:00-11:00 AM
- 7th-9th 11:30 PM-2:30 PM

Champions behave like champions before they're champions; they have a winning standard of performance before they are winners. -Bill Walsh

### ROCK HILL ATHLETICS

# SUMMER STRENGTH & CONDITIONING



BASEBALL - BASKETBALL - CROSS COUNTRY - FOOTBALL - GOLF



### ROCK HILL BLUE HAWK STRENGTH & CONDITIONING

10-12 GRADE (HIGH INTENSITY) 7:00 AM - 9:00 AM

7-9 GRADE (DEVELOPMENTAL) 9:30 AM - 11:30 AM

3-6 GRADE (FOUNDATIONS) 10:00 AM - 11:15 AM

\*ALL GROUPS ARE MALE AND FEMALE

#### 7 WFFK CAMP

JUNE 6-9 // JUNE 13-16 // JUNE 20-23 // JUNE 27-30 JULY 11-14 // JULY 18-21 // JULY 25-28

SOCCER - SOFTBALL - SWIMMING - TENNIS - WRESTLING - VOLLEYBALL



## ROCK HILL FOOTBALL

#LEO

Head Coach: Mark Wilkinson

<u>rmwilkinson@prosper-isd.net</u>



Offensive Coordinator: Derek Thompson Defensive Coordinator: Noble Polk Head 9th Grade Coach: Tyler Lucas Strength Coordinator: Brian Smith

CONNECT WITH US:

Twitter:

@RockHillFB1



SportsYou App Code: D87GMLZQ



FIGHT ROCK FIGHT!

### **Strength & Conditioning**

Monday- Thursday 9:30-11:30

June 6-9

June 13-16

June 20-24

June 27-30

July 11-14

July 18-21

July 25-28

### Important Dates:

### FB Skills Training

Monday-Thursday 9:00-9:30

\*On the same days as SAC



### Football Camp

\*Incoming 7,8,9th

-July 25-28

-5-8 PM

-Rock Hill Turf Field

-Rock Hill Indoor



### Rock Hill Girl's Basketball

### Important Dates:

#### Connect with Us:



Twitter:

@RockHillGirlsB1



**SportsYou App** Code: 9ZGY-LT5S

### **HS Skills Training**

June 13,15,20,22,27,29 1:00-2:00 pm @RHHS

Register for all s on My School Ruck

### **Speed & Conditioning**

Monday-Thursday in June & July

@ RHHS

High School 9:30-11:30 am

Middle School 10:30-12:30 pm

### **Basketball Camp**

June 6th-9th @ RHHS 2nd-5th grade 10-12 pm 6th-9th grade 1-4 pm



#### **Head Coach**

Laura Lange lalange@prosper-isd.net

### **Assistant Coach**

Kourtney Holyfield

Open Gym Schedule can adjust due to safety/health guidelines

TBD - Check SportsYou for future detail

### **Speed & Conditioning**

Monday-Thursday in June & July @ RHHS

Middle School - 9:30am-11:30 pm School - 7:00am-9:00am

### **Basketball Camp**

June 13-16 @ RHHS 1st - 5th grade 9-11AM 6th-9th grade 12-3PM

**CONNECT WITH US:** 



@RockHill\_BB



SportsYou code: 23ZH-BW6R



### ROCK HILL BOYS BASKETBALL



### ROCK HILL CROSS COUNTRY





### **Summer Training**

- Begins June 6th 6:45am
- Need new physical and Rank One completed
- Join SportsYou for more information



Follow us on Twitter and Instagram

@Rockhillxctf

Stay Connected via sportsYou App Cross Country Code - VZPQF84G



Head Coach Zach Morgan ztmorgan@prosper-isd.net

**RUN ROCK RUN!** 

### BLUE HAWK GOLF

Important Dates: Tryouts are July 27 - 28th

Tee times 10am.

Parent Meeting will be held first week of school.

Head Coach: Taylour Reeder

Connect with Us:



@rockhillgolf1



Code:7ZHPNBWS

Email:tareeder@prosper-isd.net

Rock Hill HIGH SCHOOL GOLF 2020



Head Coach:
Manuel Cordova

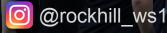
Email: Imcordova@prosper-isd.net

**Connect with us:** 

@RockHill\_WS hock HILL

SY

6EJB-2X5B



REGISTER ASAP
Using My School Bucks

Strength & Conditioning

June 6th-July 28 9:30-11:30 am

Summer Camp

May 31st-June 3rd @ Rock Hill

K-5th 8:00-10:00 am

6th-9th 11:00-2:00 pm

Skills Training @ Rock Hill HS

June-13, 15, 27 & 29

July- 11, 13, 18 & 20





### ROCK HILL BOYS SOCCER

### **SUMMER CAMP**

- June 6th-9th:
- Grades K-5th: 8-10 AM
- Grades 6th-9th 11-1 PM
- Children's Health Stadium

### **STRENGTH AND CONDITIONING**

- Strength & Conditioning
  - June 6th-July 28
  - 9:30-11:30 am



Head Coach: JASON GAGLIONE jlgaglione@prosper-isd.net



Stay connected to the team via the SportsYou app: Soccer Code: **AQ5HSGZU** 



### **ROCK HILL BASEBALL**

### <u>Incoming Freshmen Form</u> (click)



Baseball Camp June 13-16

7:00-9:00 7th-9th 9:30-11:30 1st-6th





Stay Connected via SportsYou App

Code HYRS-XEU4

HEAD COACH
SHAUN STANTON
smstanton@prosper-isd.net

ASST COACH MARK CAIN ASST COACH
ZACH WILSON

ASST COACH
TYLER LUCAS





Skills Camp

Click <u>HERE</u> to complete the Rock Hill Swim and Dive Try-Out form

#### **Head Swim and Dive Coach:**

Kimberly Zimmerman

Email: kpzimmerman@prosper-isd.net

**Assistant Swim Coach/Head Water Polo Coach:** 

Chip Peeples

Email: wrpeeples@prosper-isd.net

#### **Communication:**



Stay connected to the team via the SportsYou app: Swim/Dive Code: <u>JVK2UM97</u>

#### **Team Website and Information:**

https://sites.google.com/prosper-isd.net/rhhsswimanddiveteam/home

#### **Social Media:**



**Twitter** - @RH\_SwimDive @PISDWaterPolo

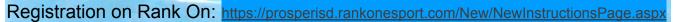


Facebook - Rock Hill Swim and Dive



Want to start improving your swimming now?
<a href="https://docs.google.com/document/d/1dv3Za5P6CHQ2kkflgNlx6R2k7Wo0PFY1728RHgttZ4/edit">https://docs.google.com/document/d/1dv3Za5P6CHQ2kkflgNlx6R2k7Wo0PFY1728RHgttZ4/edit</a>







wrpeeples@prosper-isd.r

### Rock Hill Water Polo



**Head Coach:** 

**Chip Peeples** 

wrpeeples@prosper-isd.net

Twitter: @RHWaterPolo

#### Middle School Water Polo Camp:

July 18-21 from 1-4 PM Located at the PISD Natatorium 9th Grade Camp:

July 25-28 from 1-4 PM
Register through: myschoolbucks.com
Rock Hill Aquatics Website:

https://sites.google.com/prosper-isd.net/r hhsswimanddiveteam/home





### ROCK HILL TENNIS



Head Coach: David Sands

**Assistant Coach: Laura Lynn Sims** 

#### **Communication:**





Stay connected to the team via the sportsYou app - Tennis code - **RYMC-X7SF** 

#### **Social Media:**

Twitter - @RockHillTennis1
Instagram - rockhilltennis
Facebook - Rock Hill Tennis



Scan the QR Code for Summer Info Updates on our website!

#### **Important Dates:**

- Skills Training One hour twice a week from 4pm-6pm, registration will be on RankOne - 9-12th grade only
  - Dates for skills training: 7/11, 7/13, 7/18, 7/20, 7/25, 7/28
- Rock Hill Tennis Camp There will be two sessions
  - July 11-14 and July 18-21

■ 3rd-5th Grade: 8:00-10:00am

■ 6th-8th Grade: 10:30-12:30pm

9th Grade: 1:30-3:30pm

- Start of 2020 Blue Hawks Tennis Season
  - Tryouts:
    - 7/26: All Girls 8-10am, All Boys 10:30-12:30
    - 7/27: All Girls 8-10am, "All Boys 10:30-12:30
    - 7/28: "Blue" 8-10am, "Black" 10:30-12:30
  - Our first practice will be Monday, August 1st (Varsity)
    - Times will be determined at a later date
    - All varsity players are required to be at practice before school starts.

## ROCK HILL VOLLEYBALL

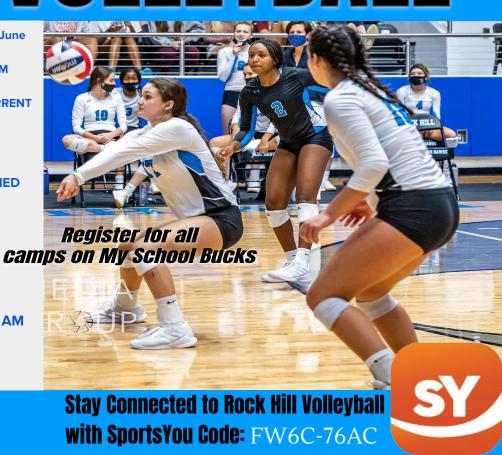
SAC

Skills

**Camps** 

- Strength and Conditioning Camp 7 WEEK CAMP: Starts June 6th
- DEVELOPMENTAL INCOMING 7TH-9TH 9:30AM-11:30AM FOUNDATIONS
- REQUIREMENTS TO ATTEND SAC: MUST HAVE A CURRENT PHYSICAL ON FILE -
- Skills Training
- 6/21, 23 & 7/12, 14, 19, 21
- VOLLEYBALL SKILLS CAMP ONLY FOR RHHS ZONED STUDENTS- Incoming 10th-12th Grade 9:30-10:30 Incoming 9th Grade- 10:30-11:30
- 5/31-6/3: Elementary 1st-5th: 9-11 AM
- 5/31-6/3: Middle School 6-8th: 12:30-3:30 PM
- 7/25-7/28 Incoming 9th Volleyball Camp: 8-11 AM

**Head Coach: Angel Mauterer** almauterer@prosper-isd.net



### **BLUE HAWK**

### POWERLIFTING



Head Coach: Noble Polk

**Important Dates:** 

**Strength & Conditioning Camp** 

(Starts June 6th)

Monday-Thurs

@ Rock Hill School

7:00 - 9:00 AM / 9-11 AM

SportsYou Info:

DTZP5V8U SY







Strength and Conditioning Campune 6-July 28 at Rock Hill HS, registration opens May 2nd



Head Boys Coach Brian Smith

### ROCK HILL

TRACK & FIELD

Follow us on Twitter and Instagram

@Rockhillxctf

Stay Connected via sportsYou App
Track & Field Code - VZPQF84G



Head Girls Coach Zach Morgan

ztmorgan@prosper-isd.net

JOIN WRESTLING ANYONE CAN WRESTLE BECOME SUPERFUN



WEIGHT CLASSES 14 BOYS: 106-285 12 GIRLS: 100-235

"You are much stronger than you think you are. Trust me"







WRESTLING CAMP @ ROCK HILL (1626

6th - 9th JULY 11-14 12:30pm - 3:30 pm

Skills (<u>May</u> 31<sup>st</sup>, <u>June</u> 1<sup>st</sup>, 2<sup>nd</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, <u>July</u> 11<sup>th</sup>,12<sup>th</sup>,13<sup>th</sup>,14<sup>th</sup>)

Head Coach- Huey Huynh
<a href="mailto:hphuynh@prosper-isd.net">hphuynh@prosper-isd.net</a>
Asst Coach- Kortney Livingston