

ROCK HILL HIGH SCHOOL



..... WE ARE .....



**ROCK HILL**

BLUE HAWKS



# *ROCK HILL HIGH SCHOOL ATHLETICS*



## *MEET THE COACHES & SPORTS PROGRAM INFO*



**SportsYou code for ALL RHHS Athletics info: E26PXGMV**



# Blue Hawks

# Softball



SportsYou App: QLPG2RZ



Twitter: @RockHillSball



Instagram: RockHillSoftball

Head Softball Coach:

Leigh Anne Budd

[LABudd@prosper-isd.net](mailto:LABudd@prosper-isd.net)



Assistant Coach:

Rhana Ramos



SAC Camp: Monday-Thursday

- 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** SUMMER 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 WEEK 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**

[rmwilkinson@prosper-isd.net](mailto:rmwilkinson@prosper-isd.net)



@coachmarkwik

**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



## 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

**FIGHT ROCK FIGHT!**



# Rock Hill

## Girls' Basketball

### Important Dates:

#### HS Skills Training

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

#### 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

Connect with Us:



Twitter:

@RockHillGirlsB1



SportsYou App  
Code: 9ZGY-LT5S

**Register for all  
camps on My School Bucks**



#### 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



**Head Coach**  
Shawn Williams



**Assistant Coach**  
Kreston Martin

# 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



Connect with Us:



@rockhillgolf1



Code:7ZHPNBWS

Important Dates: Tryouts are July 27 - 28th

Tee times 10am.

Parent Meeting will be held first week of school.

Head Coach: Taylour Reeder

Email: [tareeder@prosper-isd.net](mailto:tareeder@prosper-isd.net)

Rock Hill HIGH SCHOOL GOLF 2020

# ROCK HILL GIRLS SOCCER

Head Coach:  
Manuel Cordova

Email: [lmcordova@prosper-isd.net](mailto:lmcordova@prosper-isd.net)

Connect with us:



@RockHill\_WS1



6EJB-2X5B



@rockhill\_ws1

**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](mailto:jlgaglione@prosper-isd.net)



Stay connected to the team via the SportsYou app: Soccer Code: [AQ5HSGZU](#)



[@ROCKHILLSOCCER1](#)

# ROCK HILL BASEBALL

[Incoming Freshmen Form](#) (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](mailto:smstanton@prosper-isd.net)

ASST COACH  
MARK CAIN

ASST COACH  
ZACH WILSON

ASST COACH  
TYLER LUCAS



Tryouts  
August  
1st

Swim  
Skills Camp  
June 6-9

Click [HERE](#) to complete the Rock Hill  
Swim and Dive Try-Out form

**Head Swim and Dive Coach:**

Kimberly Zimmerman

Email: [kpzimmerman@prosper-isd.net](mailto:kpzimmerman@prosper-isd.net)

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

Chip Peebles

Email: [wrpeebles@prosper-isd.net](mailto:wrpeebles@prosper-isd.net)

**Communication:**



Stay connected to the team via the SportsYou app: Swim/Dive Code: **JVK2UM97**

**Team Website and Information:**

<https://sites.google.com/prosper-isd.net/rhsswimanddiveteam/home>

**Social Media:**



Twitter - @RH\_SwimDive

@PISDWaterPolo



Facebook - Rock Hill Swim and Dive



Head Coach

[kzimmerman@prosper-isd.net](mailto:kzimmerman@prosper-isd.net)

Want to start improving your swimming now?

[https://docs.google.com/document/d/1dv3Za5P6CHQ2kkflgNlx6R2k7Wo0PFY1728RH\\_qttZ4/edit](https://docs.google.com/document/d/1dv3Za5P6CHQ2kkflgNlx6R2k7Wo0PFY1728RH_qttZ4/edit)



Assistant Coach

[wrpeebles@prosper-isd.net](mailto:wrpeebles@prosper-isd.net)

Registration on Rank On: <https://prosperisd.rankonesport.com/New/NewInstructionsPage.aspx>

# Rock Hill Water Polo



Head Coach:

Chip Peeples

[wrpeeples@prosper-isd.net](mailto: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](https://myschoolbucks.com)

**Rock Hill Aquatics Website:**

<https://sites.google.com/prosper-isd.net/rhsswimanddiveteam/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



**Register for all  
camps on My School Bucks**

EDITH  
ROOP



**Head Coach: Angel Mauterer**  
[almauterer@prosper-isd.net](mailto:almauterer@prosper-isd.net)

**Stay Connected to Rock Hill Volleyball  
with SportsYou Code: FW6C-76AC**





# 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





**Strength and Conditioning Camp**  
June 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  
SUPERHUMAN**



Follow us



RockHillWrestling



XFFD67AQ



**"You are much stronger than you think you are. Trust me"**  
~SUPERMAN



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



**Head Coach- Huey Huynh**  
[hphuynh@prosper-isd.net](mailto:hphuynh@prosper-isd.net)



**Asst Coach- Kortney Livingston**

**WRESTLING CAMP @ ROCK HILL (1626)**

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

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