Important Dates:

**Speed & Conditioning**
(June-July) Monday-Thurs
@ Hays Middle School
7:00 - 9:00 AM

**Skills Training**
Monday-Thursday
@ Hays Middle School
9:00 AM - 9:30 AM

**Football Camps**
**All PISD FB Kid Camp (K-5th)**
Late June (4 PM-6 PM)

**All PISD FB Kid Camp II (K-5th)**
July 13-July 16 (4 PM-6 PM)

**Rock Hill FB Camp (6th-9th)**
July 17-July 30 (5 PM-8 PM)

*Registration info to follow for Camp

**FB Practice Starts Aug. 3

Schedule can adjust due to safety/health guidelines

CONNECT WITH US:

Twitter: @RockHillFB1
Instagram: @RockHillFB1
Facebook: Rock Hill Football @RockHillFB1
SportsYou App Code: W3KT-4ZT3

#BUILDTHEHILL

Head Coach: Mark Humble
mdhumble@prosper-isd.net
@markhum7

Offensive Coordinator: Zac Bryant
Defensive Coordinator: Matt Fitzhugh
Head 9th Grade Coach: Nick Reeder

ICSEEU
THE 7 LIFE SKILLS

INTEGRITY FIRST
SERVICE BEFORE SELF
EXCELLENCE IN ALL WE DO

#BUILDTHEHILL
#PROTECTTHEROCK
Rock Hill Sports Medicine

Head Athletic Trainer
Kristen Howell
krhowell@prosper-isd.net

Assistant Athletic Trainer
Forrest Yelverton
Important Dates:

**Skills Training**
June 1,3,8,10,15,17,24,29
@ Hays Middle School
12-1pm

**Speed & Conditioning**
Monday-Thursday in June
@ Hays Middle School
9-11 am

**Basketball Camp**
July 13th-16th
@ Rock Hill High School
2nd-6th grade 8-10 am
7th-9th grade 12-3 pm

*Schedule can adjust due to safety/health guidelines*

Registration info to follow for camp

**Head Coach**
Stephanie Shaw
snshaw@prosper-isd.net

**Assistant Coach**
Sarah Edwards
Key Dates

Skills Training/Open Gym  
*Schedule can adjust due to safety/health guidelines*  
Mon – Thurs in June 1-2pm @ Hays Middle School  
Skills - Mon/Thurs - 6/1, 6/4, 6/8, 6/11, 6/15, 6/18, 6/22, 6/25  
Open Gym – Tues/Wed – 6/2, 6/3, 6/9, 6/10, 6/16, 6/17, 6/23, 6/24

Speed & Conditioning  
Monday–Thursday in June 7-9 AM @ Hays Middle School

Basketball Camp  
July 6-9th @ Rock Hill High School  
2nd – 5th grade 9-11AM  
6th – 8th grade 1-4PM

CONNECT WITH US:  
@RockHill_BB  
SportsYou code: 23ZH-BW6R

Head Coach  
Shawn Williams II  
sbwilliams@prosper-isd.net

Assistant Coach  
Kreston Martin
Summer Practice Schedule
- Monday - Friday 6:45am at Hays Middle School starting June 1st

Camp Information
- July 13-17 8-10am at Rock Hill HS
- For 5th-9th grade students
- Registration opens June 1st on Rank One

Follow us on Twitter and Instagram
@Rockhillxctf

Stay Connected via sportsYou App
Cross Country Code - VZPQF84G
BLUE HAWK GOLF

Important Dates: Parent Meeting will be held first week of school. More information will be sent out soon.

**Speed & Conditioning**

Monday-Thursday in June
@ Hays Middle School
Boys 7-9am  Girls 9-11 am

Head Coach: Taylour Reeder
Email: tareeder2@prosper-isd.net
Code: 7ZHPNBWS

*Schedule can adjust due to safety/health guidelines*
**SCHEDULE CAN ADJUST DUE TO SAFETY/HEALTH GUIDELINES**

**MENS SOCCER CAMPS**

**SPEED AND CONDITIONING**
Monday- Thursday
June 1-25
9-11 AM
Hays MS

Head Coach
Jason Gaglione

**SKILLS TRAINING**
Tuesday and Wednesday
June 1-25
12-1 PM
Hays MS

jlgaglione@prosper-isd.net

**SOCCER CAMP**
June 1-4
2nd-6th grade 8-10 AM
7th-8th grade 10 AM -1230 PM
Incoming freshman 1-4 PM
Childrens Health Stadium

@rockhillsoccer1
Rock Hill Girls Soccer

Head Coach:
Manuel Cordova
Email: lmcordova@prosper-isd.net

Connect with us:
@RockHill_WS1
6EJB-2X5B
@rockhill_ws1

REGISTER June 1ST
ON RANKONE

Speed & Conditioning
June 1st @ Hays Middle School 9:00-11:00

Summer Camp
July 13-16 @ Hays Middle School
2nd-5th 8:00-10:00 am
6th-8th 10:30-12:30 am
9th 8:00-11:00 am

Skills Training @ Hays Middle School
June 23 & 24 - 11:15-12:15
July 7 & 8 - 11:15-12:15
July 21 & 22 - 11:15-12:15
July 28 & 29 - 11:15-12:15

*Schedule can adjust due to safety/health guidelines
Skills Training (Sign Up Here):
Mondays and Wednesdays
● 12:00-1:00 PM at PROSPER HIGH
June 8, 10, 15, 17, 22, 24
July 6, 8
July 20 & 22 (1:00-2:00 due to camp)
August TBD

Softball Camp:
July 20-23
● 1st-6th 8:00-10:00 AM
● 7th-9th 10:30 AM-12:30 PM

SportsYou App: QLGPG2RZ
Twitter: @RockHillSball

Head Softball Coach:
Leigh Anne Budd
LABudd@prosper-isd.net

Assistant Coach:
Jordan Buechele

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

INCOMING FRESHMEN FORM (CLICK LINK)

Baseball Camp July 13-16
8:00-10:00  Kinder-6th
10:30-12:30  7th-9th

Stay Connected via SportsYou App
Code HYRS-XEU4

HEAD COACH
SHAUN STANTON
smstanton@prosper-isd.net

ASST COACH
MARK CAIN
mhcain@prosper-isd.net

ASST COACH
ZACH WILSON
zswilson@prosper-isd.net
Swim Club this Summer!
Click Here for more information over Prosper's own USA club team

Click HERE to complete the Rock Hill Swim and Dive Try-Out form

Head Coach: Kimberly Phillips
Assistant Coach: Chip Peeples
Communication:
Stay connected to the team via the sportsYou app: Swim/Dive Code: JVK2UM97

Social Media:
Twitter - @RH_SwimDive
Instagram - @rockhillswimdive
Facebook - Rock Hill Swim and Dive

Swim Club this Summer!
Click Here for more information over Prosper’s own USA club team

Registration on Rank On: https://prosperisd.rankonesport.com/New/InvalidYear.aspx?M=0520
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

Important Dates:
- **Skills Training** - Two hours once a week on Mondays from 5pm-7pm, registration will be on RankOne starting June 1st
  - Dates for skills training: 6/8, 6/15, 6/22, 7/6, 7/13, 7/20, 7/27
- **Rock Hill Tennis Camp** - There will be two sessions
  - July 13-16 and July 20-23
    - 1st-4th Grade: 8:00-10:00am
    - 5th-8th Grade: 10:30-12:30pm
    - 9th Grade: 1:00-3:00pm
- **Start of 2020 Blue Hawks Tennis Season**
  - Our first practice will be **Monday, August 3rd**
    - Times will be determined at a later date
    - Final cuts will be made until first week of school
    - All players are required to be at practice before school starts.
Volleyball

Head Coach- Angel Mauterer

almauterer@prosper-isd.net

Stay Connected to the team via the sportYou app. - Volleyball Code - YH7GVM9X

Important Dates

6/1/20 Speed and Conditioning Camp at Hays Middle School
- Monday-Thursday
- Time -9:00- 11:00
- 1 hour of Skills training on Tuesday and Thursday immediately following speed camp 11:15-12:15
- Registration for skills will be on RankOne, starting June 1st-
  - 6/2, 6/4, 6/9, 6/11,6/16, 6/18, 6/23, 6/25
  - 7/9, 7/10, 7/14, 7/16, 7/22, 7/23 at Rock Hill High School

7/27-7/30 Rock Hill Volleyball Camp
- @ Rock Hill
  - 1st-5th: 8-10 AM; 6-8th: 12:30-3:30 PM; Incoming 9th: 8-11 AM
- Team Camp Incoming freshman-seniors 4:00-7:00
- Registration will be on RankOne, June 1st
BLUE HAWK
POWERLIFTING

Head Coach - Zac Bryant
zrbryant@prosper-isd.net

Assistant Coach - Matt Fitzhugh
mgfitzhugh@prosper-isd.net

Important Dates:

Speed & Conditioning
(Starts June 1st)
Monday-Thurs
@ Hays Middle School
7:00 - 9:00 AM / 9-11 AM

SportsYou Info:
DTZP5V8U
Head Boys Coach Robbie Gordon

Head Girls Coach Zach Morgan

Speed and Conditioning Camp
Starting June 1st at Hays Middle School, Monday - Thursday Boys 7-9am, Girls 9-11am

Connect Via sportsYou App Track & Field Code KWAPQ5UW

Follow us on Twitter and Instagram @Rockhillxctf
Join Wrestling
Anyone Can Wrestle
Become Superman

Skills Training
@ Prosper HS
June 1st-July 23rd
M-Th
10-11 Session 1
11-12PM Session 2

Wrestling Camp
7/27-7/29
@ Rock Hill HS
K-5th 9-11:30 AM
6th-9th 12-2:30 PM
All Experiences Welcome
Beginner to Advance

Twitter - RockHillWrestling

“You are much stronger than you think you are. Trust me”
~Superman

Head Coach - Huey Huynh
hphuynh@prosper-isd.net
Asst Coach - Kortney Livingston
SportsYou app: Wrestling Code

XFFD67AQ