

# WEEK 1 - MCC for NON-FOOTBALL BOYS 9th-12th

11:00am-12:15am (M-Th)

**Camp Start Date:** June 1, 2026

**Start Time:** 11:00:00 AM

**Camp End Date:** June 4, 2026

**End Time:** 12:15:00 AM

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**Venue Name:** PHS MAC

**Venue Address:** 1600 N. Coit Road, Richardson, TX 75080

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**Camp Cost:** \$20.00

**Questions:** Jared Shields [Jared.Shields@risd.org](mailto:Jared.Shields@risd.org)

**Questions:** Nicole Frederking [Nicole.Frederking@risd.org](mailto:Nicole.Frederking@risd.org)

## Special Notes:

Pearce, North JH, & Parkhill JH athletes - come maximize your athletic potential by concurrently working on strength, mobility, movement literacy, power, and speed each week in a fun and safe environment. We will also be working on personal growth by utilizing goal setting and talking about a different character trait each week. We will utilize our S&C technology and equipment to measure and track each athlete's progress over the course of MCC. Sessions run for 7 weeks: Week 1-June 1-4 Week 2-June 8-11 Week 3-June 15-18 Week 4-June 22-25 OFF June 29-July 2 Week 5-July 6-9 Week 6-July 13-16 Week 7-July 20-23 The sessions are led by JJ Pearce Strength & Conditioning Coordinator, Jared Shields as well as Head Coach Jarrett Lambert and other JJ Pearce, North and Parkhill coaches. Campers are encouraged to wear modest workout attire and closed-toe athletic shoes. Cleats are optional for outside. Water is available, but campers are encouraged to bring their own water bottles that may be refilled. RISD offers student athletes the opportunity to participate in voluntary summer strength and conditioning sessions and sport-specific skill instruction. All activities will be conducted in accordance with applicable rules and regulations, including guidance from the University Interscholastic League (UIL). No student is required or expected to attend.

## Medical Info:

RISD Athletic staff will conduct the sessions. All reasonable health and safety precautions will be observed. No student will knowingly be allowed to engage in any unauthorized activity. Despite such precautions, accidents or injuries sometimes occur. If your student sustains an illness or injury and requires immediate care and treatment, your signature below requests, authorizes, and consents to such care and treatment as may be given to the student by any physician, athletic trainer, nurse, or school representative. Authorization and Release - Your signature below confirms your authorization for your student to attend the RISD voluntary Summer Strength and Conditioning and Sport-Specific Skill Instruction. In consideration for RISD allowing your student to participate in the voluntary Summer Strength and Conditioning and Sport-Specific Skill Instruction, you, on behalf of you and your minor student and family members hereby release and hold harmless the Richardson Independent School District its employees, agents, trustees, and representatives for any accident, injury, or any other damage, claim (including negligence), or loss your student may sustain as a result of his/her participation in the voluntary Summer Strength and Conditioning and Sport-Specific Skill Instruction. Certification - I certify that my student (named above) is physically fit to participate in strength and conditioning and sport-specific skill instruction and I understand that my student must have a pre-participation physical examination, signed by a health care provider, on file as a condition of participation. I am aware of no physical impairments that would interfere with my student's participation in the strength and conditioning and sport-specific skill instruction. I will communicate with the staff any health information that may be pertinent to my student's participation.