

TERRIERS



POWERED BY ROCKY HILL PARKS & RECREATION

PERFORMANCE TRAINING CAMP

Rocky Hill Parks & Recreation has partnered with RHHS Athletics- Head Athletic Trainer Andrew Abraham (ATC, LAT- Select Physical Therapy) to offer the Terriers Performance Training Camp. This program has been designed to introduce athletes to the benefits of strength and conditioning and introduce them to weight lifting in a safe and instructive environment. This will ensure the creation of stronger, faster, more explosive and more injury resilient athletes. With Andrew's background in Athletic Training, he has a great base in injury prevention as well as Strength and Conditioning. Working at UMass (DI) & Springfield College (D3) has shown him what it takes to be an NCAA athlete and what coaches are looking for when recruiting. These skills will be a significant asset to any participant in the future building on the successful foundation already laid.

SESSION 1

Trainer: Andrew Abraham (RHHS Head Athletic Trainer)

Camp Location: Rocky Hill High School– McVicar Field/ Weight Room (Half Gym on Rainy Days)

Camp Dates: Monday through Friday, June 13 – July 1
(No Class, 6/15, 6/22, 6/29)- 12 sessions

Camp Times: 7:30am—9:30am

**June 13, 14, 16, 17 will meet from 3:30pm—5:30pm*

Participant Requirements:

- Must be a Rocky Hill resident entering Grades 9 through 12 for the 2022-23 school year.

Registration Fee: \$150 per participant *(Residents Only)*

Registration Deadline: Friday, May 27

To Register: [CLICK HERE](#)

SESSION 2

Trainer: Andrew Abraham (RHHS Head Athletic Trainer)

Camp Location: Rocky Hill High School– McVicar Field/ Weight Room (Half Gym on Rainy Days)

Camp Dates: Monday through Friday, July 11 – July 29
(No Class 7/13, 7/20, 7/27)- 12 sessions

Camp Times: 7:30am—9:30am

Participant Requirements:

- Must be a Rocky Hill resident entering Grades 9 through 12 for the 2022-23 school year.

Registration Fee: \$150 per participant *(Residents Only)*

Registration Deadline: Friday, July 1

To Register: [CLICK HERE](#)



For More Information, and to see our other program offerings:

Visit: <https://rockyhillct.myrec.com>