

TERRIERS



POWERED BY ROCKY HILL PARKS & RECREATION

PERFORMANCE TRAINING CAMP

Rocky Hill Parks & Recreation has partnered with RHHS Athletics and 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.

Camp Details

Trainers: RHHS Head Athletic Trainer/ Select Physical Therapy

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

Camp Dates: Mondays, Tuesdays, & Thursdays, June 17 – July 18 (No Class, 7/1, 7/2, 7/4)- 12 sessions

Camp Times: 7:30am—9:30am

Participant Requirements:

- Must be a Rocky Hill resident entering Grades 9 through 12 for the 2024-25 school year.

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

Registration Deadline: Friday, May 31

To Register: [CLICK HERE](#)



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

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