



eNews from the Hills

May 30th
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Where all students learn, grow and succeed.

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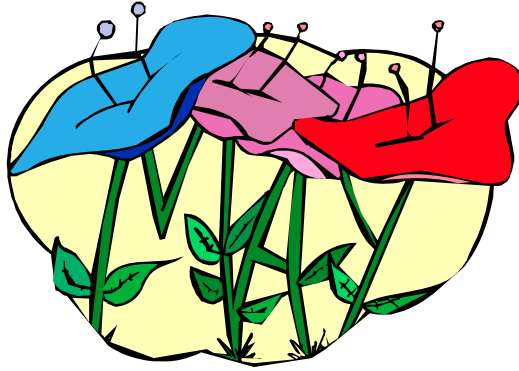
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May

Monday, May 30th

Memorial Day

June

Wednesday, June 1st
Thursday, June 2nd

6th Grade Honors Night (6:30p)
School's out for Summer!

August

Monday, August 22nd

First Day of School (2011-12)

EAGLE STRENGTH & CONDITIONING SUMMER SESSION

The need for year round secondary athletic training and conditioning is more evident as the physical demands on the student/athlete increase.

To maintain the development and competitiveness of the student athletes at RHS, it is critical for us to offer summer strength and conditioning programs to keep pace with our competitors.

These programs will provide the following:

- Program Continuity
- Promote Team Building
- Stronger Student/Coach Relationship
- Safety Via Strength Development
- Strong Work Ethic
- Acclimation to Summer Heat
- Smoother Transition for 9th Graders
- Increased Skill Level
- Better Agility
- Strong Self-Esteem

LOCATION: Richardson High School Weight Room & Eagle-Mustang Stadium

ELIGIBILITY: All incoming 7th – 12th grade students who live in the RISD attendance areas.

REGISTRATION: Register through Coach Chandler or Coach Gunter with form by May 27th.

DATES: June 13th – July 29th
We will not work out the week of July 4th (7/4 – 7/8).

TUITION: \$120.00 for the 6-week session.
Each week consists of 4 days of training (Monday – Thursday).
10th – 12th grade males session 6:30 am – 8:00 am
9th grade males and 9th – 12th grade females 8:00 am – 9:30 am
Incoming 7th/8th grade males/females 9:45 am - 11:00 am
***Reduced Tuition (\$10/week) may be applied if student/athlete qualifies for Free and/or Reduced Lunch.**

ENROLLMENT: Enrollment in the strength & conditioning sessions is **voluntary** and not mandatory for participation in RISD athletics. Payment must be made prior to the start of the session and paid in full for the number of weeks enrolled. **All checks/money orders need to be made payable to Richardson ISD Athletic Department.**

GUIDELINES: All UIL guidelines will be followed.

ATTIRE: Regular sport attire such as shorts, t-shirt, socks, tennis shoes.

INSTRUCTORS: Members of the Richardson High School Coaching Staff

If more information is needed, feel free to contact Coach Chandler (brian.chandler@risd.org) or Coach Gunter (jason.gunter@risd.org).

EAGLE SUMMER STRENGTH & CONDITIONING
CAMP APPLICATION

Name: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Parent or Legal Guardian: _____

Home Phone: _____ Work Phone: _____

Grade for 2011-2012: _____ School Attending in 2011-2012: _____

Birth date: _____ Height: _____ Weight: _____

Sport(s) in which you participate: _____

Emergency Contact (in case parents/guardian cannot be reached):

Name: _____ Phone: _____

Medical Information:

I hereby certify that _____ is physically fit to participate in the Eagle Strength & Conditioning Camp. I know of no physical impairments, which would in any manner, limit participation in such a program.

Is there any pertinent information, which we might need regarding your athlete, such as diabetes, epilepsy, etc.? _____

It is understood there are possibilities of accidents surrounding strength and conditioning programs. The University Interscholastic League, Richardson ISD, Richardson High School, and coaching staff are not to be held responsible for any injuries or accidents that may occur. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to the student by any physician, trainer, nurse, or school representative, I do hereby agree to indemnify and save harmless the school, Richardson ISD and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

Parent/Guardian Signature: _____ Date: _____

Enrollment in RISD's summer strength and conditioning program is voluntary. To streamline the enrollment process, we encourage students to pay for this program with cash or money order. Personal checks will be accepted with proper identification, including driver's license number, address, and telephone number. The charge for all returned checks is \$20.00. RISD reserves the right to withdraw any student from the strength and conditioning program who fails to pay all amounts due, including satisfying any returned checks and fees, prior to the designated final payment deadline. To clear a returned check, the student must bring cash for the insufficient check and the returned check fee to the Central Athletics Office.

Mail Application along with Check to:

Richardson HS Athletics
c/o Brian Chandler/Jason Gunter
1250 Belt Line Road
Richardson, TX 75080

Make Checks Payable to:

Richardson ISD Athletic Department

Eagle Summer Basketball Camp

The RHS basketball coaching staff will be hosting the second annual Eagle Basketball Camp this summer. It will be coming up this June 6th-10th. All students currently in grades K-8 are invited (boys and girls). Lauren Shoush (head girls basketball coach here at RHS) and I will be directing the camp. We had a great turnout last year and expect another exciting week of basketball this year. Please go to www.eaglehoops.com to download the brochure. Feel free to email justin.reese@risd.org or call 469-593-3111 with any questions or concerns.

See you at the gym!

Justin Reese
Head Boys Basketball
Richardson High School

Spring Creek Swim Club

Spring Creek Swim and Tennis Club



Swim Lesson Application

Ages 3 - 11

Classes are available for beginner, intermediate, and advanced intermediate swimmers.

(Age 3, or not potty trained, must wear swim diaper)

Session 1: June 6-9 & June 13-16

Times: 9:00am – 9:30am ; 9:45am – 10:15am.

Sessions will run Mon-Thurs for two weeks.
days.

Session 2: June 20-23 & June 27-June 30

Maximum class size is six swimmers.

Fridays are used as inclement weather make-up

Member: \$70.00 Non-Member: \$85.00

If would like to reserve a spot for your swimmer, or if you have any questions,

Please Contact: Nancy Bongiovanni – nrbongio@swbell.net, 972-866-8884.

We request that you arrive 15 minutes before your lesson time so we may start promptly – Thanks

☺!

Registration for Swim Club is attached to this edition of the eNews email.

Historian Scrapbook!

We are collecting pictures to assemble an Historian Scrapbook for Northwood Hills Elementary! Pictures from the Walk to School Day, Fairy Tale Dress-Up Day, any of the events from Red Ribbon Week, and Bingo Night or any other school events.

Please submit your pictures to Lisa Shatz, at lisa.shatz@utdallas.edu or if you only have prints please contact Lisa and pick-up from school will be arranged.
Thank you for your support!



Terracycle: Waste to Products and support your school



Have you seen teenagers carrying those cute purses made out of CapriSun packs? Well, guess what... There is a company that recycles candy wrappers, Ziploc bags, Aveeno products, and more, into cool, eco-friendly products (like a bicycle chain picture frame!) AND they pay schools and nonprofits for used packaging. That's where we come in!

If this program interests you, go to <http://www.terracycle.net/>, sign up to collect items, indicate that you are benefiting NHE, they send you a prepaid shipping label, you send in your items, and they pay NHE \$.02 per item!

Their minimum shipping numbers are pretty high (500 CapriSun pouches per shipment), so it would be great if someone was willing to head up a collection site for the whole school. Let me know!

Linda West

nickandsimonsmom@sbcglobal.net

How can you support your school!?

Clip Box Tops and Labels for Education all year long!

Send into your teacher anytime!

Contest runs all year – ice cream parties for top earning classes!

Box Tops for Education



* Expiration date matters!

* **Make sure the date is visible and not in the past.**

* Don't clip too small! **Cut each box top at least 1" wide.**

* *Cheerios, Betty Crocker, Pillsbury, Ziploc, Kleenex, Juicy Juice and more!*

Labels for Education







* **Full barcode must be visible** (see picture).

* But we don't need the entire label!

* Campbell's, Swanson, Prego, V8, Spaghettios and Pepperidge Farm.

Earn funding for NHE on your everyday purchases!

	Tie your Target REDcard to NHE at Target.com .
	Link your Tom Thumb Reward card to charity #3797 .
	Scan barcode with your Kroger Plus card at the start of each school year. Print the barcode here!
	Shop with NHE ID #70096135 at Office Depot .

THANK YOU FOR YOUR SUPPORT!!

Join NHE PTA

Join NHE PTA Today!

Family Membership \$16
Single Membership \$9

Local dues go to NHE, and benefit YOUR children, teachers, and YOU:
Just to name a couple, did you know TX PTA members receive:

14% off T-mobile monthly fees
5% off Southwest Airlines Travel

Join TODAY and find out more!

Thank you!

Questions? Elba Morgan-Knox, epmk@sbcglobal.net

NEW Online Volunteer System!



RISD launched a new Volunteer Online Application for the 2010-11 school year. Prospective volunteers can access the Volunteer Application by navigating to the RISD website at <http://www.risd.org/www.risd.org>. Click on **Community-Volunteer Opportunities**. At this point, you can elect to proceed in English or Spanish, and any RISD school can be selected as a preference. The information submitted will be used not only for the background check, but also allow schools to contact approved volunteers for their specific school needs.

This application will only be active for the current school year, through 6/30/11, at which time it will be purged and volunteers will be asked to submit new information for the following school year. NHE is very appreciative of ALL of our volunteers, and appreciate your cooperation and understanding during RISD's transition to this new system!

PTA Website

If you like this E-News, you should check out our website...

www.nhepta.org !

Stay informed and updated with NHE information. You can view calendar of events and meetings, as well as general school information. Bookmark it today!

Quick Links

Northwood Hills Elementary School - www.risd.org/schools/nwhe/index.htm

Richardson Independent School District (RSID) - <http://www.risd.org/>

Westwood Junior High - www.risd.org/schools/wwjh/index.htm

Richardson High School - www.risd.org/schools/rhs/index.htm

