ROGERS HIGH SCHOOL

HOME OF THE

PIRATES

PIRATE STRONG

STRONGER TOGETHER.

PIRATES FOREVER.



UNIVERSAL WEIGHTS

TUESDAYS & THURSDAYS

3:00 - 4:30PM

LED BY:

COACH MOODY



GIRLS WEIGHTS

MONDAYS & WEDNESDAYS

2:45 - 3:30PM

LED BY:

COACH WILLIAMSON

BUILD STRENGTH
IN THE WEIGHT ROOM

BUILD CONFIDENCE
ON & OFF THE FIELD

BUILD CHARACTER
AS PIRATES

BUILD UNITY
AS A TEAM

STRONG PIRATES. STRONGER TOGETHER.

#PIRATESTRONG

adidas