

Welcome to the Peachtree Ridge High School Football Program



Please sign in:



**Middle School Strength and Conditioning
Informational Meeting**

Peachtree Ridge Lions Football Coaching Staff

Head Football Coach

Matt Helmerich

Offensive Staff

Klay Koester
Miles Anderson
DJ Barney
Bill Boroff
Roddy White
Eric Wright

Defensive Staff

Chris Anglin
Israel Autman - 9th HC
Joe Harrington
Tye Hill
Rob Pollock
Joseph Roane

Strength and Conditioning - Jeremy Muyres



Important Information

In order to participate in any of our workouts, student-athletes MUST:

- Currently be in 7th or 8th grade and plan to attend PRHS
- Have a valid athletic physical uploaded into [RankOne](#).
- Submit payment of \$50 (options on next slide)



Cost of Participation

Cost: \$50 due prior to attending workouts

Payment Options:

- **Cash**
- Check payable to **PRHS Football Booster Club**
- Zelle to treasurer@prhsfootball.com
- Credit Card utilizing our **Square (link on last slide)**



Workout Information

Dates: Every Mon/Thurs from Feb 26 - April 25

Time: Drop off 5:15 - Workout 5:30-6:30 pm; Please pick up promptly.

Location: Lion's Den Fieldhouse on PRHS campus

What to Bring: Water bottle, sneakers, cleats

What to Wear: Mondays - Blue shirts, Thursdays - Red shirts



Links

[RankOne](#)

[PRHS](#)
[Football](#)
[Website](#)

Square Payment



Go LIONS!!!

