

Rouse HS

Strength and Conditioning (F)



2025 Rouse Girls Strength and Conditioning "Performance Camp" Grades 7-12

Camp Start Date: February 14, 2025

Start Time: 9:30:00 AM

Camp End Date: February 14, 2025

End Time: 11:30:00 AM

Date Details: Camp will run from June 2 -June 19 will be off for 2 weeks and re-open July 7- July 25.

This camp is open to incoming 7th-12th grade students. Zoned to Rouse, Wiley and Stiles

Venue Name: RHS Main Weight Room

Venue Address: 1222 Raider Way, Leander, TX 78641

Camp Cost: \$195.00

Questions: Jacob Thompson jacob.thompson@leanderisd.org (512) 466 - 2226

Special Notes:

Times for camp will be 9:30am - 11:30am Dates of Camp are as follows Week 1: June 2-5 Week 2: June 9-12 Week 3: June 16-19 Week 4: July 7-10 Week 5: July 14-17 Week 6: July 21-24 NO CAMP: (June 20-July 6)