

Leander HS

Strength and Conditioning (F)



2025 Leander HS Strength and Conditioning (Incoming 7th-12th)

Camp Start Date: June 2, 2025

Start Time: 8:00:00 AM

Camp End Date: July 24, 2025

End Time: 10:00:00 AM

Date Details: Strength and conditioning for GIRLS grades 7th-12th

Venue Name: LHS Weight Room

Venue Address: 3301 S. Bagdad, Leander, TX 78641

Camp Cost: \$195.00

Questions: Stephanie Johns stephanie.johns@leanderisd.org (512) 570 - 1051

Special Notes:

Champs Course is Monday-Thursday (NO FRIDAY). There WILL NOT be Champs Course the week of June 30th-July 4th for holiday break.