

Cedar Park HS

Strength and Conditioning (M)



2025 Cedar Park High School Boys Explosive Power and Speed Development Camp (Incoming 9th-12th Grade)

Camp Start Date: June 2, 2025

Start Time: 8:00:00 AM

Camp End Date: July 25, 2025

End Time: 10:00:00 AM

Date Details: THERE WILL BE NO STRENGTH CAMP THE WEEK OF June 30 - July 6

Venue Name: CPHS Turf Field

Venue Address: 2150 Cypress Creek Rd., Cedar Park, TX 78613

Camp Cost: \$195.00

Questions: Allen Marrow allen.marrow@leanderisd.org (512) 570 - 1205

Questions: Michael Quintero michael.quintero@leanderisd.org (512) 570 - 1205

Special Notes:

ALL CAMPERS MUST HAVE A PHYSICAL ON FILE! Camp is scheduled for Monday-Thursday 8:00am-10:00am. FB skills will start at 7am before strength camp. We will work to gain both strength and explosive power, working to increase speed and agility through a variety of exercises on the track, the training hill, the turf field, verti-max and the sand pit. The remaining time will be used to stretch and work on becoming more flexible, dynamic athletes. Athletes need to wear athletic clothing and have both football cleats and tennis shoes.