

Vista Ridge HS

Strength and Conditioning (F)



2025 Lady Ranger Strength and Speed Camp

Prepare for your best season yet with working toward your potential in a supportive and dynamic environment lead by the VRHS Girls Coaching Staff. Join us for strength and conditioning camp to build confidence and health through a variety of great workouts and fun teamwork!

Camp Start Date: June 2, 2025

Start Time: 9:00:00 AM

Camp End Date: July 24, 2025

End Time: 11:00:00 AM

Date Details: 9 - 10am will be held on the Henry MS practice field. 10 - 11am will be held in Vista Ridge HS weight room. The Camp runs from Monday-Thursday. In case of bad weather, outdoor portion of camp will be moved indoors. There will be no camp from Monday June 23rd - July 6th.

Venue Name: HMS Practice Field

Venue Address: 100 N. Vista Ridge Blvd., Cedar Park, TX 78613

Camp Cost: \$195.00

Questions: Caitlyn Goodfellow caitlyn.goodfellow@leanderisd.org

Special Notes:

We welcome ALL High School & Middle School Girls (7th - 12th) 9:00am-11:00am