

Cedar Park HS

Strength and Conditioning (F)



2025 CPHS Lady Timberwolves Strength and Conditioning Camp - GRADES 7TH-12TH

Camp Start Date: June 2, 2025

Start Time: 8:30:00 AM

Camp End Date: July 17, 2025

End Time: 10:30:00 AM

Venue Name: CPHS Turf Field

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

Camp Cost: \$195.00

Questions: Cami Jenschke camj.jenschke@leanderisd.org (512) 570 - 1224

Special Notes:

This camp meets every Monday - Thursday - June 2nd - July 17th. We will start each day at 8:30 AM and finish at 10:30 AM. WE WILL NOT HAVE CAMP THE WEEK of June 30 - July 4th. Each day the athlete needs to bring a water jug w/ plenty of water to stay hydrated. Athletes need to be dressed in athletic attire every day and with athletic shoes