

Vandegrift HS

Strength and Conditioning (C)



## 2025 Future Viper Strength and Conditioning (COED - incoming 7th and 8th grade)

**Camp Start Date:** June 2, 2025

**Start Time:** 7:00:00 AM

**Camp End Date:** July 24, 2025

**End Time:** 8:00 AM

**Date Details:** The Camp will be Monday-Thursday

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**Venue Name:** VHS Weight Room

**Venue Address:** 9500 McNeil Drive, Austin, TX 78750

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**Camp Cost:** \$195.00

**Questions:** Paul Pehrson [paul.pehrson@leanderisd.org](mailto:paul.pehrson@leanderisd.org) (512) 570 - 2300

### Special Notes:

Middle School Strength & Conditioning: This all sport, co-ed strength and conditioning camp is the difference in winning and losing. Resistance training, speed, quickness, agility and balance will all be worked. This is a high intensity environment that will generate results for each athlete at a fraction of the cost of personal training sessions. The camp is staffed by coaches from Vandegrift HS, Four Points and Canyon Ridge Middle schools. Register today and don't miss out on making major improvements and achieving your potential! Make sure to wear active clothing. Drop off/Pick up is at the Band Lot next to Building 2. Camp is Monday - Thursday, 7 am to 8 am each day. We will not have workouts the week of 6/30-7/3 and Monday 7/7. Please have athletes bring their own water bottle and arrive 10-15 minutes early to check in.