

Vandegrift HS

Strength and Conditioning (F)



2025 Lady Viper Strength and Conditioning (Incoming 9th-12th grade girls)

Camp Start Date: June 2, 2025

Start Time: 9:30:00 AM

Camp End Date: July 24, 2025

End Time: 11:00:00 AM

Date Details: Camp is Monday-Thursday, 9:30 am to 11 am. Please arrive early to check in.

Venue Name: VHS Weight Room

Venue Address: 9500 McNeil Drive, Austin, TX 78750

Camp Cost: \$195.00

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

Special Notes:

Summer Strength & Conditioning is best way to develop a strong fitness foundation for the upcoming athletic year. Resistance training, speed, agility, balance and injury prevention will all be taught during these sessions. This is a great environment for beginning athletes all the way up to advanced athletes hoping to continue athletics after high school. The camp is staffed by coaches from Vandegrift HS. Register today to take advantage of this amazing opportunity to improve yourself and reach your goals for the upcoming year and beyond. Camp is Monday-Thursday, 9:30 am to 11 am each day. We will not have workouts the week of 6/30 to 7/3 and Monday 7/7. We will start on the Band lot each day. Be sure to bring water and wear workout clothing.