

Glenn HS

Strength and Conditioning (F)



# 2025 Grizzly Womens' Strength and Explosion Camp - Grades 7-12-JULY SESSION

**Camp Start Date:** July 7, 2025

**Start Time:** 9:00 AM

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

**End Time:** 11:00:00 AM

**Date Details:** Strength and Explosion Camp will be offered Monday through Thursday from June 2 through July 24. The July session will be July 7th-July 24th. We will be closed and not conduct any camps the week of June 30th through July 4th. Camp is open to all female athletes in the Glenn High School attendance zone, grades 7 through 12.

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**Venue Name:** Glenn Stadium

**Venue Address:** 1320 Collaboraive Way, Leander, TX 78641

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**Camp Cost:** \$95.00

**Questions:** Marissa Guzman [marissa.guzman@leanderisd.org](mailto:marissa.guzman@leanderisd.org) (512) 570 - 1400

**Special Notes:**

Proper athletic attire and athletic shoes are required. Camp is open to all 7th - 12th graders zoned to Glenn High School. All participants must bring their own water bottle with their name marked on it in permanent marker. \*\*\*Incoming 7th Graders must have a completed UIL Athletic Physical Form turned in before beginning workouts. Form to be taken to the doctor can be found on Glenn High School Sports Medicine website\*\*\* Sport specific training offered each day- please get with each coach for their specific times.