

Vista Ridge HS

Strength and Conditioning (F)



2021 Lady Ranger Strength and Speed Camp

Camp Start Date: June 7, 2021

Start Time: 9:00:00 AM

Camp End Date: July 29, 2021

End Time: 11:00:00 AM

Date Details: The Camp generally runs from Monday-Thursday. In case of bad weather, Friday will be a make up day. There will be no camp June 28 - July 2

Venue Name: VRHS Turf Field

Venue Address: 200 S. Vista Ridge Blvd., Cedar Park, TX 78613

Camp Cost: \$150.00

Questions: Lauren Myrick lauren.myrick@leanderisd.org (512) 636 - 1007

Special Notes:

All High School & Middle School Girls (7th - 12th) 9:00am-11:00am For more information on the camp and on TEA, UIL, and LISD guidelines, please go to the following link:

<https://drive.google.com/file/d/1WX2U2w-ci5CtGig00mCoSXGckP1temF8/view?usp=sharing>