

Cedar Park HS

Strength and Conditioning (F)



## 2023 CPHS Lady Timberwolves Strength and Conditioning Camp - GRADES 7TH-12TH

**Camp Start Date:** June 5, 2023

**Start Time:** 8:30 AM

**Camp End Date:** July 20, 2023

**End Time:** 10:30 AM

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**Venue Name:** CPHS Turf Field

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

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**Camp Cost:** \$175.00

**Questions:** Cami Jenschke [camijenschke@leanderisd.org](mailto:camijenschke@leanderisd.org) (512) 570 - 1224

**Special Notes:**

This camp meets every Monday - Thursday - June 5th - July 20th. We will start each day at 8:30 AM and finish at 10:30 AM. We will NOT have camp the week of July 3rd - July 6th. Each day the athlete needs to bring a water jug w/ plenty of water to stay hydrated.