

Vista Ridge HS

Strength and Conditioning (M)



2022 Ranger Strength and Speed Camp

Camp Start Date: June 6, 2022

Start Time: 7:00:00 AM

Camp End Date: July 21, 2022

End Time: 10:30:00 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 27-July 5, & July 18/19.

Venue Name: VRHS Turf Field

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

Camp Cost: \$175.00

Questions: Chad Scott chad.scott@leanderisd.org (512) 570 - 1845

Special Notes:

***Session 1 â€”> 7th and 8th Grade Boys 7am-8am ***Session 2 â€”> 10th-12th Grade High School Boys
8am-10am **Session 3 â€”> Incoming 9th Grade Boys 8:30-10:30