

Vista Ridge HS

Strength and Conditioning (M)



## 2023 Ranger Strength and Speed Camp

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

**Start Time:** 7:00 AM

**Camp End Date:** July 27, 2023

**End Time:** 10:30 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 July 3-July 7, & July 17/18.

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**Venue Name:** VRHS Turf Field

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

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**Camp Cost:** \$175.00

**Questions:** Tim Byerly [tim.byerly@leanderisd.org](mailto:tim.byerly@leanderisd.org) (512) 570 - 1800

**Special Notes:**

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