

Rouse HS

Strength and Conditioning (F)



2023 Rouse Girls Strength and Conditioning "Performance Camp" Grades 7-12

Camp Start Date: June 5, 2023

Start Time: 9:30:00 AM

Camp End Date: July 27, 2023

End Time: 11:00:00 AM

Date Details: Camp will run from June 5 -June 22 will be off for 2 weeks and re-open July 10- July 27.
This camp is open to incoming 7th-12th grade students.

Venue Name: RHS Main Weight Room

Venue Address: 1222 Raider Way, Leander, TX 78641

Camp Cost: \$175.00

Questions: Jacob Thompson jacob.thompson@leanderisd.org (512) 466 - 2226

Special Notes:

Times for camp will be 9:30am - 11:00am Dates of Camp are as follows Week 1: June 5-8 Week 2: June 12-15 Week 3: June 19-22 Week 4: July 10-13 Week 5: July 17-20 Week 6: July 24-27 NO CAMP: (June 25-July 9)