

Rouse HS

Strength and Conditioning (M)



2023 Future Raider Boys Strength & Speed Camp Incoming 7th through 8th

Camp Start Date: May 31, 2023

Start Time: 7:00:00 AM

Camp End Date: July 21, 2023

End Time: 12:00:00 AM

Date Details: 7th - 8th grade will have camp from 7 am to 9 am. Camp will be Monday through Thursday every week. There will be no camp on June 30-July 9. Please arrive at least 15 mins prior to camp for check ins. Football UIL Skills training will go from 9 -10 a.m.

Venue Name: RHS Main Weight Room

Venue Address: 1222 Raider Way, Leander, TX 78641

Camp Cost: \$175.00

Questions: Contact Coach Mann (joshua.mann@leanderisd.org) , Coach Elrod (corey.elrod@leanderisd.org) , or Dan Lapaglia (Dan.Lapaglia@leanderisd.org) for information about the camp. joshua.mann@leanderisd.org (512) 570 - 0250

Special Notes:

This camp is designed to build on the athletes success in off season. We have different levels and phases based on the what the athletes previous training and skill sets. This a very physical and mental demanding camp that will push the athletes to their limits. Athletes will need to bring water bottles, a pair of cleats, and a pair of tennis shoes.