

Vandegrift HS

Strength and Conditioning (M)



## 2024 Camp Viper Strength and Conditioning (Boys entering grades 9th-12th)

**Camp Start Date:** June 3, 2024

**Start Time:** 8:30:00 AM

**Camp End Date:** August 1, 2024

**End Time:** 10:30:00 AM

**Date Details:** The Camp will be Monday-Thursday

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**Venue Name:** VHS Weight Room

**Venue Address:** 9500 McNeil Drive, Austin, TX 78750

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**Camp Cost:** \$175.00

**Questions:** Eduardo Banda [eduardo.banda-tobias@leanderisd.org](mailto:eduardo.banda-tobias@leanderisd.org) (512) 570 - 2300

### **Special Notes:**

The Vandegrift High School Summer Strength and Conditioning Camp is designed to improve the explosive power, strength, speed, quickness, and agility of all participants. The camp will be conducted by the Vandegrift High School Coaching Staff. Although wearing cleats to run is not mandatory it will be beneficial. Drop off/Pick up is at the Band Lot next to Building 2. Our camp will run Monday through Thursday from 8:30 AM-10:30 AM. Please make a note that they must bring their own water bottle and arrive 15 minutes early to check in. \*This time also includes Viper Skills time. See your sport coach for details.