

Glenn HS

Strength and Conditioning (M)



2024 Grizzly Men's Strength and Explosion Camp (7th-12th)

Camp Start Date: June 3, 2024

Start Time: 8:00:00 AM

Camp End Date: July 25, 2024

End Time: 10:00:00 AM

Date Details: Strength and Explosion Camp will be offered Monday through Thursday from June 3 through July 25. We will be closed and not conduct any camps the week of July 1st through July 5th. Camp is open to all male athletes in the Glenn High School attendance zone, grades 7 through 12. *** Incoming 7th Graders must have a completed UIL Athletic Physical Form turned in before beginning workouts. Form to be taken to the doctor can be found at Glenn Athletic Trainer Website***

Venue Name: GHS Stadium

Venue Address: 1320 Collaborative Way, Leander, TX 78641

Camp Cost: \$175.00

Questions: Brandon Krauskopf brandon.krauskopf@leanderisd.org (512) 570 - 1450

Special Notes:

Athletic attire, tennis shoes, cleats/sport appropriate shoes required. Student drop off will be at the HS weight room door. Weight room and agility work will be conducted from 8:00 AM - 9:30 AM, sport specific training will be conducted from 9:30 AM - 10:00 AM. Water is provided but each participant is encouraged to bring their own personal water bottle with name written on it in permanent marker.