

Glenn HS

Strength and Conditioning (F)



2024 Grizzly Womens' Strength and Explosion Camp - Grades 7-12

Camp Start Date: June 3, 2024

Start Time: 9:00:00 AM

Camp End Date: July 25, 2024

End Time: 11:00:00 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 from July 1st - July 5th

Venue Name: Glenn Stadium

Venue Address: 1320 Collaboraive Way, Leander, TX 78641

Camp Cost: \$175.00

Questions: Marissa Guzman marissa.guzman@leanderisd.org (512) 570 - 1400

Special Notes:

Proper athletic attire and athletic shoes are required. Camp is open to all 7th - 12th graders zoned to Glenn High School. All participants must bring their own water bottle with their name marked on it in permanent marker. ***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 on Glenn High School Sports Medicine website*** Sport specific training.... Volleyball M & W 11:30-12:30, Softball & Soccer T & TH 11:30 - 12:30***