

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

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**Venue Name:** Glenn Stadium

**Venue Address:** 1320 Collaboraive Way, Leander, TX 78641

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**Camp Cost:** \$175.00

**Questions:** Marissa Guzman [marissa.guzman@leanderisd.org](mailto: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\*\*\*