

Vista Ridge HS

Strength and Conditioning (M)



2024 Ranger Strength and Speed Camp

Camp Start Date: June 3, 2024

Start Time: 7:00:00 AM

Camp End Date: July 25, 2024

End Time: 10:30:00 AM

Date Details: Camp generally runs from Monday-Thursday. In case of bad weather, Friday will be a make up day. There will be no camp July 1st-July 5th, & July 22nd-July 23rd. Campers will meet in either the weight room, turf field, or grass fields behind school.

Venue Name: VRHS Turf Field

Venue Address: 200 S. Vista Ridge Blvd., Cedar Park, TX 78613

Camp Cost: \$175.00

Questions: Tim Byerly tim.byerly@leanderisd.org (512) 570 - 1800

Special Notes:

***Session 1 â€”> 7th and 8th Grade Boys 7am-8am ***Session 2 â€”> 10th-12th Grade High School

Football Boys 8am-10am **Session 3 â€”> Incoming 9th Grade Boys/Non-Football Athletes 8:30-10:30