



## 2025 Lady Ranger Strength and Speed Camp

Prepare for your best season yet with working toward your potential in a supportive and dynamic environment lead by the VRHS Girls Coaching Staff. Join us for strength and conditioning camp to build confidence and health through a variety of great workouts and fun teamwork!

**Camp Start Date:** June 2, 2025

**Start Time:** 12:00:00 AM

**Camp End Date:** July 24, 2025

**End Time:** 12:00:00 AM

**Date Details:** 9 - 10am will be held on the Henry MS practice field. 10 - 11am will be held in Vista Ridge HS weight room. The Camp runs from Monday-Thursday. In case of bad weather, outdoor portion of camp will be moved indoors. There will be no camp from Monday June 23rd - July 6th.

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**Venue Name:** HMS Practice Field

**Venue Address:** 100 N. Vista Ridge Blvd., Cedar Park, TX 78613

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**Camp Cost:** \$175.00

**Questions:** Caitlyn Goodfellow [caitlyn.goodfellow@leanderisd.org](mailto:caitlyn.goodfellow@leanderisd.org)

**Special Notes:**

We welcome ALL High School & Middle School Girls (7th - 12th) 9:00am-11:00am