



ATHLETICS - Rock Hill HS Aquatics SAC

Camp

Athletes will develop skills related to strength and conditioning in and out of the water.

Camp Start Date: July 7, 2025

Start Time: 7:00:00 AM

Camp End Date: July 24, 2025

End Time: 9:00:00 AM

Date Details: Aquatics SAC Camp will run 7-9am for 3 weeks, Monday thru Thursday, starting July 7th and ending July 24th

Venue Name: Prosper ISD Natatorium

Venue Address: 1851 Stadium Drive , Prosper, TX 75078

Camp Cost: \$84.00

Questions: lmsteinhaus@prosper-isd.net

Special Notes:

Please bring athletic shoes, athletic clothing, a swim suit, towel, water bottle, goggles, and towel. The first hour of SAC will be strength and conditioning out of the water and the second hour will be in the water. This is a high school only camp. 9th-12th grade only. Student must be comfortable in deep water and know how to swim.