

Rock Hill HS  
Swimming (C)



# 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

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**Venue Name:** Prosper ISD Natatorium

**Venue Address:** 1851 Stadium Drive , Prosper, TX 75078

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**Camp Cost:** \$84.00

**Questions:** [lmsteinhaus@prosper-isd.net](mailto: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.