

Rock Hill HS

Strength and Conditioning (C)



ATHLETICS - RHHS Middle School SAC Camp

Unleash Your Athletic Potential! Rock Hill Speed & Strength Camp (For Incoming 7th & 8th Graders - Rock Hill Attendance Zone) Get Ready to Dominate! This camp is designed to build a solid foundation in weight training and speed/agility, giving you the edge you need in any sport. What You'll Gain: Strength Training: Learn proper lifting techniques to increase power and prevent injuries. We'll cover core lifts and accessory exercises. Speed & Agility: Improve your explosiveness, reaction time, and change of direction. Drills will focus on footwork, sprinting mechanics, and agility courses. Performance Enhancement: Develop the skills and mindset to maximize your athletic potential. Expert Coaching: Our experienced coaches will provide personalized instruction and feedback in a safe and supportive environment.

Camp Start Date: June 2, 2025

Start Time: 9:30:00 AM

Camp End Date: July 24, 2025

End Time: 11:30:00 AM

Date Details: This camp is for 7 weeks Monday-Thursday except during the 4th of July Week. The camp fee covers all 7 weeks.

Venue Name: RHHS Turf and Track

Venue Address: 16061 Coit Rd, Frisco, TX 75035

Camp Cost: \$196.00

Questions: Mark Wilkinson rmwilkinson@prosper-isd.net

Special Notes:

All athletes need to bring cleats, shoes, and a water bottle.