



ATHLETICS - RHHS Foundations SAC Camp

ðŸŒŒ Ignite Your Inner Athlete! ðŸŒŒ Rock Hill Speed & Strength Camp (For Incoming 3rd - 6th Graders)

Get Ready to Move! This camp is a fun and exciting introduction to the basics of strength and conditioning.

We'll learn how to move our bodies better, get stronger, and improve our speed and agility for any sport!

What You'll Discover: Fun with Fitness: We'll learn how to use our own body weight to get stronger. Think

push-ups, squats, and more! We'll make it fun with games and challenges. Super Speed: Improve your

running, skipping, and jumping! We'll play games that help us get faster and change direction quickly.

Awesome Agility: Learn how to move like a pro! We'll work on balance, coordination, and quick feet with fun

drills and obstacle courses. Teamwork & Sportsmanship: We'll learn how to work together, encourage each

other, and have a positive attitude. **Expert Coaches:** Our experienced coaches will guide you every step of

the way in a safe and supportive environment.

Camp Start Date: June 2, 2025

Start Time: 10:00:00 AM

Camp End Date: July 24, 2025

End Time: 11:00:00 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: \$98.00

Questions: Mark Wilkinson rmwilkinson@prosper-isd.net

Special Notes:

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