

Richland HS

Strength and Conditioning (C)



ATHLETICS - Richland High School SAC

Camp Grades 9th -12th

Strength & Conditioning Camp for Richland High School Athletes

Camp Start Date: June 2, 2025

Start Time: 7:00:00 AM

Camp End Date: July 17, 2025

End Time: 9:00:00 AM

Date Details: Monday through Thursday each week from June 2 - July 18, no camp on the week of July 4th

Venue Name: Rushing Turf and Track

Venue Address: 3080 Fishtrap Rd, Prosper, TX 75078

Camp Cost: \$168.00

Questions: Kenneth Gilchrist kmgilchrist@prosper-isd.net

Special Notes:

Cleats, tennis shoes, water bottles.