

Richland HS

Strength and Conditioning (C)



## ATHLETICS - Middle School SAC Camp

### Mosley & Rushing Grades 7th - 8th

Strength & Conditioning Camp for Richland High School Athletes

**Camp Start Date:** June 2, 2025

**Start Time:** 9:00:00 AM

**Camp End Date:** July 17, 2025

**End Time:** 10:30:00 AM

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

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**Venue Name:** Rushing Turf and Track

**Venue Address:** 3080 Fishtrap Rd, Prosper, TX 75078

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**Camp Cost:** \$168.00

**Questions:** Kenneth Gilchrist [kmgilchrist@prosper-isd.net](mailto:kmgilchrist@prosper-isd.net)

**Special Notes:**

Cleats, tennis shoes, water bottles.