

Prosper HS

Strength and Conditioning (C)



ATHLETICS - 3rd-6th Grade Prosper High School Foundations Strength and Conditioning Camp

Athletes will learn fundamental skills to help improve their agility, strength and stamina. These drills and workouts translate to all sports and can benefit all athletes.

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: 6/2-5, 6/9-12, 6/16-19, 6/23-26, 7/7-10, 7/14-17, 7/21-24

Venue Name: PHS Turf Field

Venue Address: 301 Eagle Drive, Prosper, TX 75078

Camp Cost: \$98.00

Questions: John Hutti jwhutti@prosper-isd.net