Rock Hill HS

Strength and Conditioning (C)

ATH - Fundamentals SAC Camp Grades 3rd-6th

ðŸ‹ï¸â€â™‚ï¸ Fundamentals of Strength & Conditioning Camp | Rock Hill HS ðŸ‹ï¸â€â™€ï¸ Build Your Foundation. Elevate Your Game. Ready to build a solid athletic foundation? Join us at Rock Hill High School for our Fundamentals of Strength and Conditioning Camp! Whether you are preparing for an upcoming sports season or simply want to kickstart your personal fitness journey, this camp is the perfect starting point for all skill levels. What You Will Learn & Do: Master Bodyweight Movements: Before moving the heavy iron, you have to master your own body. We focus heavily on perfecting the form for essential moves like squats, push-ups, lunges, and core stabilization. Boost Basic Fitness: Improve your cardiovascular endurance, speed, and agility through fun, high-energy conditioning drills. Prioritize Safety & Technique: Learn from Rock Hill coaches who emphasize proper mechanics to maximize your results and prevent injuries. Build Weight Room Confidence: Gain the knowledge and functional strength needed to walk into any gym or athletic program with total confidence.

Camp Start Date: June 1, 2026

Start Time: 10:00:00 AM

Camp End Date: July 23, 2026

End Time: 11:00:00 AM

Venue Name: RHHS Turf and Track

Venue Address: 16061 Coit Rd., Frisco, TX 75035

Camp Cost: $101.00

Questions: rmwilkinson@prosper-isd.net rmwilkinson@prosper-isd.net

Special Notes:

The times for this Camp will be 10:00-11:00 AM Monday-Thursday. There will be no camp the week of June 29th-July 3rd