

Rock Hill HS

Strength and Conditioning (C)



ATH - Middle School SAC Camp Grades 7-8

Calling all rising 7th and 8th graders! Are you ready to take your game to the next level? Our Middle School Strength and Conditioning (SAC) Camp is the ultimate summer training ground to help you build power, speed, and unstoppable stamina. Designed specifically for young athletes, this camp focuses on teaching you the right way to train so you can perform at your absolute best! What You Will Conquer: Perfect Your Technique: Safety and form come first! Learn the fundamentals of weight room technique from experienced coaches so you can lift safely and effectively. Build Real Strength: Progressively and safely build total-body strength that translates directly to your sport. Enhance Athleticism: It's not just about lifting! We will work on speed mechanics, agility drills, and explosive power to make you quicker on your feet. Elite Conditioning: Push your limits with fun, challenging conditioning sessions that will ensure you outlast the competition in the 4th quarter or the final whistle.

Camp Start Date: June 1, 2026

Start Time: 9:30:00 AM

Camp End Date: July 23, 2026

End Time: 11:30:00 AM

Venue Name: RHHS Turf and Track

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

Camp Cost: \$201.00

Questions: Mark Wilkinson rmwilkinson@prosper-isd.net

Special Notes:

There will not be any camp the week of June 29th-July 5th