

Rock Hill HS

Strength and Conditioning (C)



## ATH - High School SAC Camp Grades 9-12

No Excuses. Just Results. This isn't your average summer camp—this is a high-intensity training ground.

The High School Strength and Conditioning (SAC) Camp is designed to push your physical and mental limits. If you want to dominate your season, you have to put in the work when no one else is watching. Our Goal is Simple: Get Stronger: Hit the weight room hard. We focus on heavy, multi-joint lifts to build the raw, functional strength you need to overpower the competition. Be More Explosive: Turn your strength into game-changing power. We use advanced plyometrics and speed mechanics to maximize your vertical, your first step, and your change of direction. Get in Better Shape: Relentless, high-octane conditioning. We will push your endurance to the absolute limit so you never fade out in the 4th quarter or at the final whistle.

**Camp Start Date:** June 1, 2026

**Start Time:** 7:00:00 AM

**Camp End Date:** July 23, 2026

**End Time:** 9:00:00 AM

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**Venue Name:** RHHS Turf and Track

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

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**Camp Cost:** \$201.00

**Questions:** Mark Wilkinson [rmwilkinson@prosper-isd.net](mailto:rmwilkinson@prosper-isd.net)

**Special Notes:**

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