

Richland HS

Strength and Conditioning (C)



ATH - FUNDAMENTALS SAC (1st-5th)

Our Development Camp is designed to introduce young Raiders to movement fundamentals, athletic development, and the Richland culture in a fun, high-energy environment. The goal is to build confidence, coordination, and a love for being active while establishing early connections to Raider Athletics.

Camp Start Date: June 1, 2026

Start Time: 10:00:00 AM

Camp End Date: July 17, 2026

End Time: 11:00:00 AM

Date Details: No Camp for July 4th Week or the Week of July 20th

Venue Name: RHS Turf and Track

Venue Address: 3450 Prairie Drive, Prosper Texas, TX 75078

Camp Cost: \$101.00

Questions: Steven Lemely srlemley@prosper-isd.net (469) 219 - 2000

Special Notes:

Cleats if you have them, tennis shoes, and a water bottle. We will have water if needed.