

Richland HS

Strength and Conditioning (C)



ATH - MIDDLE SCHOOL SAC

The Richland Raiders Middle School Strength & Conditioning Camp is designed to prepare our future Raiders physically and mentally for high school athletics. This camp focuses on movement quality, strength fundamentals, speed development, and competitive mindset while reinforcing the Westside Standard.

Camp Start Date: June 1, 2026

Start Time: 9:30:00 AM

Camp End Date: July 17, 2026

End Time: 11:30:00 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: \$201.00

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.