

Richland HS

Strength and Conditioning (C)



## ATH - HIGH SCHOOL SCHOOL SAC

The Richland Raiders High School Strength & Conditioning Camp is designed to ensure our athletes are physically and mentally prepared to compete at a championship level in their upcoming seasons. This camp focuses on maximizing strength, speed, conditioning, and competitive toughness while reinforcing daily habits that drive performance and recovery.

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

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

**Camp End Date:** July 17, 2026

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

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

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**Venue Name:** RHS Turf and Track

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

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**Camp Cost:** \$201.00

**Questions:** Steven Lemely [srlemley@prosper-isd.net](mailto: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.