

Rock Hill HS

Strength and Conditioning (C)



High School Strength and Conditioning Camp

Camp Start Date: June 3, 2024

Start Time: 7:00:00 AM

Camp End Date: July 25, 2024

End Time: 9:00:00 AM

Date Details: Monday-Thursday (There will be no camp the week of July 1-5th)

Venue Name: RHHS Turf and Track

Venue Address: 16061 Coit Rd, Frisco, TX 75035

Camp Cost: \$140.00

Questions: rmwilkinson@prosper-isd.net

Special Notes:

This strength and conditioning camp will take place from 7-9 AM for 7 weeks. This is for incoming male and female 9th-12th Grade Athletes that are zoned to attend Rock Hill High School. All athletes will enter through the Rock Hill indoor bay doors by the tennis courts