

Rouse HS

Strength and Conditioning (C)



RAIDER P.R.I.D.E CAMP 7th --12th

Camp Start Date: June 18, 2018

Start Time: 8:00:00 AM

Camp End Date: August 2, 2018

End Time: 10:00:00 AM

Date Details: Camp will be Monday through Thursday every week. There will be no camp the week of the fourth of July.

Venue Name: RHS Main Weight Room

Venue Address: 1222 Raider Way, Leander, TX 78641

Camp Cost: \$150.00

Questions: Joshua Mann joshua.mann@leanderisd.org (512) 578 - 6647

Questions: Corey Elrod corey.elrod@leanderisd.org (512) 570 - 2066

Questions: Jacob Thompson jacob.thompson@leandersid.org (512) 466 - 2226

Special Notes:

#1RoUSe! This year we are combining our Boys and Girls strength and conditioning camp to make the first ever RAIDER P.R.I.D.E Camp. We will be developing the athletes separately during the camp but teaching our core values and leadership that reaches across all sports boys and girls. This camp will have special guest from the military, community members, ex players, and coaches to train and lead our athletes. This camp is designed based off of our off-season formulas and to prepare all athletes to be ready to compete in the fall. The camp will be done in three phases over the 2 hours (weight room, core/yoga/stretch, speed and explosive training) #FAITH>fear #86400 Please contact Coach Mann or Corey Elrod regarding boys. Contact Coach Thompson regarding girls.