

Lady Highlander Strength & Conditioning Camp

This camp is open to all female athletes at The Woodlands HS (TWHS 9 and TWHS) who are looking to improve their strength, speed, and conditioning. The camp is taught by coaches from TWHS. Each session will include 90 minutes of strength training, conditioning, and 30 minutes of sport specific skills** at The Woodlands HS.

Session: 9:00am-10:30am, Monday-Thursday.
sport specific skill times may vary

Camp begins Monday, June 3 and runs through August 1st. NO camp on Fridays or July 1-July 11.

The cost of the camp is \$150

****ALL CAMP PARTICIPANTS MUST HAVE A 2024-2025 PHYSICAL ON FILE TO PARTICIPATE IN SUMMER ACTIVITIES****



Any questions? Please e-mail Lauren Watts at lwatts@conroeisd.net; Terri Wade at tjwade@conroeisd.net; or Tim Borths at tborths@conroeisd.net

