Tyler High School Strength and Conditioning (C)



Middle School Girls' Summer Pride Camp (7th-8th Grade) - DO NOT REGISTER

Monday - Thursday June 2nd - July 17th (No Camp June 30th - July 4th) EQUIPMENT: Campers will need tennis shoes for the weight room and gym, a t-shirt and shorts. Water will be provided but feel free to bring your own. CAMP DETAILS: This will be a non-contact camp consisting of an hour of strength & conditioning each day. The camp will be conducted by the Tyler High strength coaches and the middle school coaching staffs who will be emphasizing the proper form and technique both in the weight room and on the field.

There will also be volleyball and basketball skill sessions available. Volleyball skills will be before Summer Pride from 9:00 -10:00 am and Basketball skills will be after Summer Pride from 11:30 am - 12:30 pm

Camp Start Date: June 2, 2025 Start Time: 10:15:00 AM

Camp End Date: July 17, 2025 End Time: 11:15:00 AM

Venue Name: THS Indoor Athletic Complex

Venue Address: 3535 Lion Lane, Tyler, TX 75702

Camp Cost: Free

Questions: Tracy Baldwin tracy.baldwin@tylerisd.org

Medical Info:

Neither the camp or any individual assisting the camp will be responsible for injuries, loss, or damage. The undersigned agrees that no liability will be asserted an hereby waives all such claims.