

Tyler High School

Strength and Conditioning (C)



Lady Lions Summer Pride (Girls 7th - 12th Grade)

This is a strength & conditioning camp that will be conducted by the Tyler High strength coaches and coaching staff emphasizing the proper form and technique in the weight room. Campers will need to bring tennis shoes to wear in the weight room. Water will be provided but feel free to bring your own.

Camp Start Date: June 1, 2026

Start Time: 10:00:00 AM

Camp End Date: July 16, 2026

End Time: 11:15:00 AM

Date Details: Camp days are Monday - Thursday (There will be no camp the week of June June 29th - July 4th)

Venue Name: THS Indoor Athletic Complex

Venue Address: 3535 Lion Lane, Tyler, TX 75702

Camp Cost: Free

Questions: Tracy Baldwin tracy.baldwin@tylerisd.org (903) 262 - 2914

Medical Info:

I, undersigned, hereby agree that I will not hold the Tyler High School coaching staff or Tyler ISD liable in the event of injury to my student-athlete. It is further understood that if an accident occurs the parents'™ primary insurance will provide the necessary care.