



## 2025 Girls Athletics Panther Power Strength & Skills Camp

**Camp Start Date:** June 10, 2025

**Start Time:** 10:00:00 AM

**Camp End Date:** July 31, 2025

**End Time:** 12:00:00 PM

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**Venue Name:** PHS Main Gym

**Venue Address:** 1301 W. Pecan St, Pflugerville, TX 78660

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**Camp Cost:** \$80.00

**Questions:** Coach Hundl [April.Hundl@pfisd.net](mailto:April.Hundl@pfisd.net) (512) 594 - 0552

**Questions:** Registration Questions: Taylor Wenske [Taylor.Wenske@pfisd.net](mailto:Taylor.Wenske@pfisd.net) (512) 594 - 0550

### **Special Notes:**

Weeks of June 10th - July 22nd Camp will run every week, Tuesday and Thursday 10:00 AM - 12:00 PM GIRLS (Grades 7th-12th) No camp the week of 6/30. --- This camp will have three distinct sections and goals. First will be the weight room component designed to improve the athletes overall strength and power. The second part will be agility and speed training along with general conditioning. The goal of these two parts is to prepare the participants for the physical demands of their sports and decrease the potential for injury. The third part will be sport specific skill training that will focus on fundamental sport specific skill training. \*\* ATHLETES SHOULD WEAR CLOTHING WHICH IS APPROPRIATE FOR INDOOR OR OUTDOOR EXERCISE AND CLOSED-TOE SHOES

### **Medical Info:**

I hereby grant permission for my child to participate in 2025 PFISD Strength & Conditioning PHS Summer Camp. I certify that my child is physically able to attend camp. I release 2025 PFISD Strength & Conditioning PHS Summer Camp, Pflugerville ISD, and all camp employees from any and all liability for personal injury arising from my child's participation in 2025 PFISD Strength & Conditioning PHS Summer Camp.

\*\*ATHLETES ARE ENCOURAGED TO BRING THEIR OWN WATER BOTTLE. IN ORDER TO PARTICIPATE, ALL CAMP PARTICIPANTS MUST HAVE A CURRENT PHYSICAL ON FILE AT THEIR CURRENT PFISD SCHOOL.