



2025 Baseball Summer Strength and Conditioning

Camp Start Date: June 2, 2025

Start Time: 9:15:00 AM

Camp End Date: July 24, 2025

End Time: 12:00:00 PM

Venue Name: PHS Baseball Field

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

Camp Cost: Free

Questions: Coach Dale Waggoner Dale.Waggoner@pfisd.net (512) 594 - 0631

Questions: Josh Waggoner joshua.wggoner@pfisd.net

Special Notes:

You will need to sign up for both the the 2025 PFISD Athletics Skills, Speed & Strength Camp at Pflugerville High School (SESSION 1-Varsity or JV (10th -12th) OR SESSION 2 (7th, 8th and Incoming 9th) (MALE ATHLETES ONLY) and the baseball camp to participate. Incoming 10-12th graders: Session 1 Speed and Strength. ---> Baseball Specific: 10:30-11:30// Incoming 7-9th graders: Session 2 Speed and Strength. ----> Baseball Specific: 9:15-10:15 // No Camp the Week of June 30th. No Baseball Specific Workout the Week of June 16-19th but will have Speed and Strength Session.

Medical Info:

I hereby grant permission for my child to participate in 2025 Pflugerville High School BASEBALL Strength & Conditioning Camp. I certify that my child is physically able to attend camp. I release 2025 Pflugerville High School BASEBALL Strength & Conditioning Camp, Pflugerville ISD, and all camp employees from any and all liability for personal injury arising from my child's participation in 2025 Pflugerville High School BASEBALL Strength & Conditioning Camp. **ATHLETES ARE ENCOURAGED TO BRING THEIR OWN WATER BOTTLE.