

Hendrickson HS

Strength and Conditioning (M)



## (Middle School BOYS) Hawk Explosive Power & Speed Camp

**Camp Start Date:** June 2, 2025

**Start Time:** 8:00:00 AM

**Camp End Date:** July 24, 2025

**End Time:** 9:30:00 AM

**Date Details:** Incoming 7th-8th graders only

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**Venue Name:** HHS Hawk Stadium

**Venue Address:** 19201 Colorado Sand Drive, Pflugerville, TX 78660

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**Camp Cost:** \$160.00

**Questions:** Coach Pearce: [Douglas.Pearce@Pfsd.net](mailto:Douglas.Pearce@Pfsd.net) (512) 594 - 1151

**Questions:** Registration Questions: [Roshell.Reyes@Pfsd.net](mailto:Roshell.Reyes@Pfsd.net) (512) 594 - 1146

### Special Notes:

Camp is each week: Monday - Thursday (No Fridays) from June 2nd-July 24th. There will be no camp the week of July 4th. Water will be provided each day and we suggest eating something light before each session. Please bring a pair of rubber cleats and tennis shoes each day to be able to correctly perform required drills. \*\*\*Reduced Rate Available for Families that Qualify. Please contact the campus athletic office for information.\*\*\* 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. This will happen on a separate schedule/agenda to be released by each different sport separately in conjunction with this camp.

### Medical Info:

I hereby grant permission for my child to participate in the Hawk Explosive Power and Speed Camp. I certify that my child is physically able to attend camp. I release Hendrickson HS, Hawk Explosive Power & Speed Camp, Pflugerville ISD, and all camp employees from any and all liability for personal injury arising from my child's participation in Hawk Explosive Power and Speed Camp.