

Pflugerville High School

Basketball (F)

2026 Girls Strength and Skills Camp

10:00 am-12:00 pm Tuesday and Thursday GIRLS (Grades 7th-12th) Tuesday/Thursday Basketball skills

Skills 1st hour, Weights 2nd hour All sports are welcome for weights and open skills

Camp Start Date: June 2, 2026

Start Time: 12:00:00 AM

Camp End Date: July 23, 2026

End Time: 12:00:00 AM

Venue Name: PHS Main Gym

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

Camp Cost: \$80.00

Questions: Coach April Hundl 512-594-0552 or April.Hundl@pfisd.net

(Girls) Victoria.battle@pfisd.net (512) 594 - 0550

Special Notes:

** ATHLETES SHOULD WEAR CLOTHING WHICH IS APPROPRIATE FOR INDOOR OR OUTDOOR EXERCISE AND CLOSED-TOE SHOES. This camp will consist of two distinct components, each with specific goals. The first component will take place in the weight room and is designed to improve overall strength and power. It will include agility and speed training, as well as general conditioning. The objective of this portion is to prepare participants for the physical demands of their sports while helping to reduce the risk of injury. The second component will focus on sport-specific skill development. This portion will occur daily and will emphasize the instruction and refinement of fundamental skills related to each participant's sport.

**ATHLETES ARE ENCOURAGED TO BRING THEIR OWN WATER BOTTLE.

Medical Info:

I hereby grant permission for my child to participate in 2026 PFISD Strength & Conditioning PHS Summer Camp. I certify that my child is physically able to attend camp. I release 2026 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 2026 PFISD Strength & Conditioning PHS Summer Camp.