

Hendrickson HS

Strength and Conditioning (F)

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## 2026 Lady Hawk "No Excuses" Strength Camp

**Camp Start Date:** June 8, 2026

**Start Time:** 7:00:00 AM

**Camp End Date:** July 22, 2026

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

**Date Details:** Incoming 7th - 12th Graders

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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 Sierra: [Norma.Sierra@Pflisd.net](mailto:Norma.Sierra@Pflisd.net) (512) 594 - 1152

**Questions:**

**Special Notes:**

\*\*\*Reduced Rate Available for Families that Qualify\*\*\* \*\*\*Please contact the campus athletic office for additional information\*\*\* Camp is weekly: Monday- Thursday (NO CAMP ON WEEK OF JULY 4th) 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 twice a week and will focus on fundamental sport specific skill training.

**Medical Info:**

I hereby grant permission for my child to participate in the Lady Hawk "No Excuses" Strength Camp. I certify that my child is physically able to attend camp. I release Hendrickson HS, Lady Hawk "No Excuses" Strength Camp, Pflugerville ISD, and all camp employees from any and all liability for personal injury arising from my child's participation in the Lady Hawk "No Excuses" Strength Camp.