



2025 WAC HS FOOTBALL Full Summer

Join us in the LHHS MAC Weight Room this summer for WAC (Wildcat Athletic Course): functional strength workouts designed to enhance the athletes' ability to meet the high physical demands of their sport. Our focus is to provide a wide range of strength, agility, and plyometric exercises which will aid our athletes in reaching optimal performance goals in their sport(s). WAC is available to all current boy + girl Wildcat athletes and incoming Freshmen.

Camp Start Date: June 9, 2025

Start Time: 9:00:00 AM

Camp End Date: July 24, 2025

End Time: 10:30:00 AM

Date Details: Incoming 10-12th FOOTBALL Players

Venue Name: LHHS MAC

Venue Address: 9449 Church Rd, Dallas, TX 75238

Camp Cost: \$100.00

Questions: Judd Smith - Head Coach judd.smith@risd.org (469) 593 - 1181

Special Notes:

Please have your football player wear athletic clothes/shoes and bring water. We want all players present, if you need a reduced registration fee, contact the Athletics Office at bryn.volkmer@risd.org or 469-593-1181.

Medical Info:

I acknowledge that my child is physically able to participate and I hereby authorize the camp directors to act for me according to their best judgement in any emergency requiring medical attention. I release RISD, Lake Highlands High School, and all personnel associated from any liability associated with sickness or injury during specified camp hours. This camp is not sponsored nor endorsed by RISD.