Lake Highlands High School

Strength and Conditioning (F)

2026 Pre Athletics GIRLS

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: July 27, 2026 **Start Time:** 2:00:00 PM

Camp End Date: July 30, 2026 **End Time:** 3:15:00 PM

Date Details: Incoming 6th Grades, Girls All Sports

Venue Name: LHHS MAC

Venue Address: 9449 Church Rd, Dallas, TX 75238

Camp Cost: $80.00

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

Special Notes:

MAC (Multipurpose Athletic Center) is an indoor training facility and weight room located behind the LHHS HUB. Please have your camper wear athletic clothes/shoes and bring water.

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.