

2026 Panther Strength & Conditioning Camp

HS BOYS & HS GIRLS is including incoming 9th graders!

HS BOYS will only workout TUESDAY, WEDNESDAY, & THURSDAY. MONDAY & FRIDAY will be off for boys workouts.

HS GIRLS workouts will be MONDAY-THURSDAY with FRIDAY off.

JH athletes will be off the month of June. JH will start in the month of July after the 4th of July week.

Cost for strength & conditioning camp is \$50 for HS and \$25 for JH.

Week	Sessions	Groups
May 25-29	CLOSED	CLOSED
June 1-4	HS GIRLS 8-10 AM	HS GIRLS / HS BOYS
June 2-4	HS BOYS 9-11 AM	
June 8-11	HS GIRLS 8-10 AM	HS GIRLS / HS BOYS
June 9-11	HS BOYS 9-11 AM	
June 15-18	HS GIRLS 8-10 AM	HS GIRLS / HS BOYS
June 16-18	HS BOYS 9-11 AM	
June 22-25	HS GIRLS 8-10 AM	HS GIRLS / HS BOYS
June 23-25	HS BOYS 9-11 AM	
June 29-July 2	CLOSED	CLOSED
July 6-9	HS GIRLS & JH GIRLS 8-10 AM	HS GIRLS / HS BOYS / JH GIRLS / JH BOYS
July 7-9	HS BOYS & JH BOYS 9-11 AM	
July 13-16	HS GIRLS & JH GIRLS 8-10 AM	HS GIRLS / HS BOYS / JH GIRLS / JH BOYS
July 14-16	HS BOYS & JH BOYS 9-11 AM	
July 20-23	HS GIRLS & JH GIRLS 8-10 AM	HS GIRLS / HS BOYS / JH GIRLS / JH BOYS
July 21-23	HS BOYS & JH BOYS 9-11 AM	
July 27-30	CLOSED	CLOSED

