

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 PM

Camp End Date:

July 30, 2026

End Time:

3:15 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. LH Families, We need your help! The Fire Lane along the LHHS MAC absolutely MUST STAY CLEAR at all times for Athlete Safety and City of Dallas Fire compliance. We are asking everyone to respect the following: 1. Students / Athletes â€” please use the appropriate designated Student Parking and walk to the MAC for training. DO NOT park along the Fire Lane. 2. Parents / Guardians â€” please ask your athletes to meet you in the H Building Lot for Pick-Up. Do not park in Staff or Coach designated spaces. 3. MAC Events & Camps â€” please park in the Stadium, HUB, H Building or Tennis Lots. Then walk with your participant (or allow them to walk themselves) to the MAC. Entrance is located in the North side open garage door. The Fire Lane along the MAC is a pedestrian walking pathway and should not be used for â€œcarpool styleâ€ Drop-Off/ Pick-Up. DO NOT park along the Fire Lane nor painted Coach & Staff Parking. Letâ€™s keep our athletes safe, THANK YOU in advance for your help and cooperation! GO CATS!

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.