

2026 WAC FRESHMAN ALL SPORTS 4

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 6, 2026

Start Time:

11:00 AM

Camp End Date:

July 9, 2026

End Time:

12:00 PM

Date Details:

Incoming 9th Grade, Boys + Girls All Sports

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Venue Name:

LHHS MAC

Venue Address:

9449 Church Rd, Dallas, TX 75238

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Camp Cost:

\$20.00

Questions:

Judd Smith - Head Coach

[judd.smith@risd.org](mailto:judd.smith@risd.org)

(469) 593 - 1181

Special Notes:

Please have your camper wear athletic clothes/shoes and bring water. You may also pay cash at the door or \*request financial assistance by emailing [bryn.volkmer@risd.org](mailto:bryn.volkmer@risd.org). 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. All COVID guidelines in place at the time of this camp will be followed.