



# Westside High School

## 2025 Strength & Conditioning (SAC) Camp

### **Location:**

Westside HS Fieldhouse

### **Camp Dates**

Monday – Thursday

June 9<sup>th</sup> – July 24<sup>th</sup>

\*No Camp June 30<sup>th</sup> – July 4<sup>th</sup>

### **Session 1**

Football 8:30-11:00am