

Pioneer MS

Athletics (F)



# Pioneer 7th Girls Strength & Conditioning Camp

The first week of camp will be Tuesday through Friday. All other weeks will be Monday through Thursday.

**Camp Start Date:** May 26, 2026

**Start Time:** 9:30 AM

**Camp End Date:** June 18, 2026

**End Time:** 11:00 AM

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**Venue Name:** Pioneer Heritage MS Gym- Aux

**Venue Address:** 1649 High Shoals Dr., Frisco, TX 75034

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**Camp Cost:** \$208.00

**Questions:** Lori House [HouseL@friscoisd.org](mailto:HouseL@friscoisd.org) (469) 633 - 4745

**Special Notes:**

The first week of camp will be Tuesday through Friday. All of other weeks will be Monday through Thursday. We will use the weight room, the gym and the track. Please bring a water bottle and a towel. Have shoes that you can run in and use in the gym - no dunks or converse.

**Medical Info:**

[https://docs.google.com/document/d/1bfOcffonziV32H54sy\\_M\\_Dk1Le\\_0PKuJvoSfM8TfZQU/edit?  
usp=sharing](https://docs.google.com/document/d/1bfOcffonziV32H54sy_M_Dk1Le_0PKuJvoSfM8TfZQU/edit?usp=sharing)