

Southwest Legacy High School

Strength and Conditioning (F)

Legacy Girls Aquatics Strength and Conditioning

This two-hour a day Strength and Conditioning session will help prepare student-athletes, entering 7th - 12th grade, for the upcoming water polo, swimming and diving seasons using our dryland classroom, weight room, and of course the pool. Students must have a physical on file and be able to swim 25 yards on their own to participate. Participants should arrive at the Aquatics Center prepared for dryland with workout clothes and appropriate close-toed shoes along with swimsuit, towel and goggles as the second hour will be in the water.

Camp Start Date: June 1, 2026

Start Time: 10:00 AM

Camp End Date: July 16, 2026

End Time: 12:00 PM

Date Details: Week One - Monday June 1 - Thursday June 4, Week Two - Monday June 8 - Thursday June 11, Week Three - Monday June 15 - Thursday June 18, Week Four - Monday June 22 - Thursday June 25, Week Five - July 6 - Thursday July 9, Week Six - Monday July 13 - Thursday July 16

Venue Name: SWISD AQUATIC CENTER

Venue Address: 9290 SW LOOP 410, SAN ANTONIO, TX 78242

Camp Cost: \$25.00

Questions: Kristin Libardoni klibardoni11219@swisd.net

Special Notes:

If you are interested in this Strength and Conditioning Session but cannot swim 25 yards on your own, please reach out to klibardoni11219@swisd.net for assistance.

Medical Info:

Students must have a physical on file to participate. No Exceptions. Students are allowed to participate in one S&C session per day.