

Southwest Legacy High School

Strength and Conditioning (F)

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## Legacy Girls Strength & Conditioning 2026

Incoming 7th to 12th; Breakfast 8:00 - 8:30; Workouts 8:40 - 9:40; Skills 9:50 - 10:50; Lunch 11:00 - 11:30

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

**Start Time:** 8:00:00 AM

**Camp End Date:** June 24, 2026

**End Time:** 11:30:00 AM

**Date Details:** WEEK 1: MAY 26 - 28 (T-TH) WEEK 2: JUNE 1 - 4 (M-TH) WEEK 3: JUNE 8 - 11 (M-TH)  
WEEK 4: JUNE 15 - 17 (M-W) WEEK 5: JUNE 22 - 24 (M-W)

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**Venue Name:** Titan Gym 2

**Venue Address:** 13608 Watson Road, Von Ormy, TX 78073

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**Camp Cost:** \$25.00

**Questions:** Coach Jennifer Bocanegra [jbocanegra10180@swisd.net](mailto:jbocanegra10180@swisd.net) (210) 622 - 4904

**Special Notes:**

Required: Physical for 26-27 school year, Online Athletic Release Forms