



Rockdale Athletic Department
Home of the Tigers

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Athletes and Parents,

The Rockdale Athletic Department will be hosting a summer strength and conditioning camp from June 5th to July 27th. The camp is available to all incoming 7th - 12th grade student-athletes. The girls athletic program will run summer strength workouts from 10:00 am - 11:00 am. The boys athletic program will run from 9:00 am - 10:00 am. These camp times will be led by the Rockdale coaching staff. Summer strength and conditioning camp will be open Monday - Thursday for six calendar weeks during the 2023 summer session.

In addition to strength and conditioning, we are allowed to work with our athletes for up to 60 minutes a day in one sport. The boys program will be offering football, basketball and soccer skills from 8:00 am - 9:00 am Monday - Thursday of the weeks listed below. Boys soccer will have training on Thursday nights from 7:00 pm - 8:00 pm instead of Thursday mornings. The girls program will be offering volleyball and basketball during those same times from 9:00 am - 10:00 am on Monday - Thursday. Girls Soccer will have skill instruction on Tuesday and Thursday from 6:00 pm - 7:00 pm. If you have any questions, please feel free to contact the athletic office at 512-430-6150.

Rockdale Tiger Summer Strength and Conditioning

Weeks of:

June 5th - June 8th

June 12th - June 15th

June 19th - June 22nd

June 26th - June 29th

July 10th - July 13th

July 24th - July 27th (No sport specific training)

Girls 10:00 am - 11:00 am

Boys 9:00 am - 10:00 am

Sport Specific Instruction

Football/Volleyball (Monday & Wednesday)

Basketball/Soccer (Tuesday & Thursday)

Monday - Thursday

Girls 9:00 am - 10:00 am

Boys 8:00 am - 9:00 am

Boys Soccer Tuesday's from 8:00 am - 9:00 am and Thursday's from 7:00 pm - 8:00 pm

Girls Soccer Tuesday's and Thursday's from 6:00 pm - 7:00 pm