ATLET

YOUTH ALL-SPORT SUMMER TRAINING

AGES 8-12 (GRADES 3-5)

TUE. JUNE 1ST – THU. JULY 29TH (OFF JULY 5-7TH)

REGISTER @ ATLETSPORTS.COM/CAMPS

PERFORMANCE TRAINING

VIDEO ANALYSIS

SPEED TRAINING

PLYOMETRICS

ATLET YOUTH ALL-SPORT

TRAINING PROGRAM

MORNING TRAINING GROUP

- TUE (8:00am – 9:00am) – Total Body Development
- THU (8:00am – 9:00am) – Total Body Development

EVENING TRAINING GROUP

- TUE (5:00pm – 6:00pm) – Total Body Development
- THU (5:00pm – 6:00pm) – Total Body Development

Training Includes:
Free Atlet Trained Performance T-Shirt

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

$350 / ATHLETE ($175 x 2MO CREDIT CARD)

REGISTRATION

ATLETSPORTS.COM/CAMPS