



## ***PALMER HS WOMEN'S SUMMER TRAINING '20***

### ***9 WEEK TRAINING FOR INCOMING 9<sup>TH</sup>-12<sup>TH</sup> ATHLETES***



Speed  
Training



ACL, Ankle, &  
Shoulder Prehab



Strength &  
Plyometrics



Movement  
Preparation

#### ***Location***

Palmer HS  
Indoor Facility

#### ***Cost***

\$175 / Athlete  
(Pre-Register Early for  
Payment Plan Option)

#### ***Dates***

June 1<sup>st</sup> –  
August 7<sup>th</sup>

#### ***Times***

Mon. – Thur.  
HS Men: 7:00am – 9:00am  
HS Girls: 9:00am – 11:00am  
Middle School: 9:00am – 11:00am

***REGISTER AT [ATLETSPORTS.COM/CAMPS](https://atletsports.com/camps)***

***"Palmer HS Summer Training"***

Email [info@atletsports.com](mailto:info@atletsports.com) for any questions