

SPEED - STRENGTH - AGILITY SUMMER CAMP

*This program will help athletes to enhance all skills needed for sports: Coordination, Agility, Speed, Power, Balance, and Reaction.
From warm-up to cool down we will work to advance skills you have, as well as gain new skills.
We will compliment workouts with strength work at the end of every session.
This summer long camp program is built with the athlete in mind.*

Monday - Wednesday - Friday

9:00 am to 11:00 am

Starting June 20 - July 22 (14 sessions)

Limited to 40 athletes

Open next years 9th-12th graders

Cost \$125

Contact Coach Jones for more information

coachscottjones007@gmail.com or 971-998-2132