



STRENGTH & SPEED CAMP

JUNE 11 – AUGUST 17

Use your summer to gain an edge

Our 10-week Strength & Speed camp will help you prepare for your fall sports by improving your **Strength, Power, and Speed**. Get advice from Strength and Conditioning Specialists with experience working with college and pro athletes.

All sessions will be 60 minutes long and will include:

- **Free weights**
- **Plyometrics**
- **Speed & Agility**
- **Injury Prevention**



Camp Groups:

Middle School: **Grades 6-8**

High School: **Grades 9-12+**

REGISTER BY JUNE 1, 2018

Questions & Registration:

Drew Stroede | Sports Performance Coordinator
(262) 321-7328 | dstroede@spssportsperformance.com

Where athletes come to gain an edge



STRENGTH & SPEED CAMP

JUNE 11—AUGUST 17

2018 Summer Schedule

Monday, Wednesday, Friday

Middle School

- 8:00 am , 5:30 pm

High School

- 7:00 am , 4:00 pm

Middle/High School

- 6:30 pm

Tuesday & Thursday

Middle School

- 8:00 am, 4:00 pm,

High School

- 7:00 am , 5:30 pm

Middle/High School

- 6:30 pm

Pricing Options (10 Weeks)

1x Week : \$150

2x Week : \$250

Unlimited : \$300

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