

# DYNAMIC ATHLETE

**UNLOCK YOUR CHILD'S POTENTIAL: ELITE INSTRUCTIONAL SPORTS CAMP – SUMMER 2026**

## **Week 2 (June 8 – 12<sup>th</sup>)**

Participating in a wide variety of sports and various disciplines of athletics allows young children and adolescents to gain various kinds of skills that they can apply from one sport to the next. Hand-eye coordination, balance, endurance, explosion, communication, and athletic agility. This week will allow each camper to experience a wide variety of sports skills such as ultimate-frisbee, rugby, dodgeball, basketball, kickball, and whiffle ball and much, much more. This dynamic opportunity will provide multiple experiences that will motivate them for future sports success and achievements!

## **Cross Training Program**

Total body conditioning will be the emphasis for cross training each week and will focus on the specific muscle groups that will allow the athlete to develop muscular strength and endurance to coordinate skills and improve physical performance throughout a multitude of sport movements effectively and efficiently. Agility training will focus on footwork and balance to develop quickness, speed, and power to assist in overall sport performance.



## **What gives our Instructional Sports Camp the competitive edge?**

### **Top Coaching Character and Sport Leadership Development**

**“Our proven leadership curriculum—crafted by athletic directors—builds mental toughness, teamwork, and lifelong confidence .”**

Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

### **Top Skilled and Invested Coaches**

We are honored to announce that all our coaches have either coached or played within the local high school and university educational systems. Our coaches have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. Please visit our website <https://www.countrylifekidscamp.com/our-team> for more information about our coaches.