

WARRIOR WEEK

CONQUER THE COURSE

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 effectively and efficiently coordinate skills and improve physical performance. Agility training will focus on cardio-respiratory endurance to build stamina and an ability for campers to grind through the tough, physical demands of this week's Warrior Challenges.

Week 4 (June 22 – 26)

This week forges the opportunity for the positive development of the young athlete to strive to excel physically and mentally as an individual, along with the support of coaches, trainers, and their peers. Developing, Improving and Achieving in physical and mental challenges, will allow everyone to gain a better understanding of what it takes to improve and succeed athletically in the areas of strength, endurance, and perseverance. Further mental and physical training throughout the week will include a fun and dynamic combination of agility, obstacle course challenges, and strength and endurance activities. The week will culminate with a fun, competitive Warrior Challenge Event, where each athlete will have the chance to navigate various obstacles, tackle challenges, and conquer the Titan rig as part of the competition.



What gives our 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.