

COMPLETE ATHLETE CAMP

Youth Instructional and Dynamic Performance Training

Two Week Program:

Week 4 Beginner (June 24 -28)

Week 7 Advanced (July 22 -26)

These weeks will emphasize developing the complete athlete through exposing them to a variety of sport disciplines and progressive skill sets, games and athletic contests that will establish an athletic tool kit to benefit them on the field, court, or any athletic arena. Such games and contests will include an Olympian Challenge comprised of cross country and field events, a Football Challenge comprised of rugby and soccer games, a World Series Challenge comprised of speedball and a U.S. Open Challenge comprised of golf and martial art events.

NEW Boot Camp Fitness Program

The Boot Camp Fitness Program is a program offered to those children who participate in *four* or more weeklong training sessions throughout the entire summer. This program will provide them with the necessary knowledge to proactively measure their fitness levels for a lifetime. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals.

Cross Training Program

Total body conditioning will be the emphasis for cross training each week and will focus on mobility, dynamic warm-ups, speed training and mechanics, jump training, strength and conditioning for the specific sport movements and muscle groups to allow the athlete to coordinate skills and improve performance effectively and efficiently.



What gives our Instructional Sports Camps the competitive edge?

Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program that was developed by a University of Akron Sport Science and Wellness Instructor and college coach. Through intense leadership and team development settings athletes 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.

NEW Top Skilled Coaches and Instructors

We pride ourselves on seeking out athletic training and instruction by highly motivated professional coaches from around the region who are dedicated to helping your athlete achieve and succeed at the highest level. We are honored to announce the participation of our NEW skilled and talented coaches. Boys Rugby Coach Scerca from Medina High School will be developing and coaching our NEW Rugby Challenge program. He is a dedicated coach in our community who brought the sport of rugby to the Medina City School system with great success. Grandmaster Kim, an internationally recognized 9th degree black belt, and owner of Kim's College of Martial Arts will be developing and leading our NEW martial arts program. He is an excellent martial arts technician, talented teacher, and deep peacemaker philosopher. We look forward to witnessing their coaching & classes in action this summer.

[Visit our website under "guest coaches" for more information.](#)