

WARRIOR WEEK

Youth Instructional and Dynamic Performance Training

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 3 June 20 – 24

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 that will test each camper to complete various obstacles, challenges, and the Titan Rig with the Warrior Challenge.



What gives our camp 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. 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 under "our team and guest coaches" for more information.

Boot Camp Fitness Program

The Boot Camp Fitness Program is a program offered to those athletes who participate in four or more weeklong training sessions throughout the entire summer. This program will provide the athlete 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.