

# ALL – SPORT INVASION GAMES

Youth Instructional and Dynamic Performance Training

**Week 9**

**August 7 - 11**

Participating in a wide variety of sports and various disciplines of athletics allows young children and adolescents to gain different kinds of skills that they can apply from one sport to the next. The final week's emphasis will be on developing important skills and strategies to amp up your child's abilities to contribute and meet the challenges of a variety of competitive games such as ***basketball, speedball, and ultimate frisbee.***

## 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 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.