

# PICKLEBALL GAMES

## Youth Instructional Sports and Performance Training

### Week 1 **June 5 - 9**

Pickleball is a FUN sport that combines elements of badminton, ping-pong, and tennis. It is a quick, fast-paced, competitive game that is easy to learn. The best part is that Country Life Kids Camp has invested in a NEW pickleball area with backstops, so the play never ends. The campers will learn the fundamentals, rules, and strategies needed to participate in the game and advance their hand-eye coordination.

### Cross Training Program

Total body conditioning will be the emphasis for cross training each week and will focus on the specific fielding movements and muscle groups to allow the athlete to coordinate skills and improve performance effectively and efficiently. Agility training will focus on footwork and band/resistance training to increase quickness and speed. Whether stealing a base, chasing a fly-ball, charging a grounder, running to first base, or getting out of a run-down or pickleball quickness and speed are the key.



### What gives our pickleball camp the competitive edge?

#### Top Coaching Character and Sport Leadership Development

We offer an exceptional coaching character and sport leadership development program 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.