

Bentwood Country Club & Fitness Summer All Sports Power Camp

**June 4 -
August 17th
Tues-Fri**

To be an elite athlete today, you must train like an elite athlete. Modern exercise science is helping athletes grow in strength, speed, and skill faster than ever. Therefore, a program that is built towards achieving maximum performance is crucial in sports development.

This camp will be run just as a collegiate and professional strength and conditioning program runs. Each day will be dedicated towards improving the athletes speed, power, strength, conditioning and core so that they may excel in their sports.

**10 a.m. -
12 noon**

Ages 8 & up

Proper running and weight lifting techniques will be implemented to teach the athlete how to decrease the chances of injury in their sport and training.

Elementary level will focus on teaching proper form when running and weight lifting. Body weight along with PVC will be used for the weight lifting portion. Body control and balance will be a key emphasis along with creating a passion for physical activity.

**\$50 p/wk
member
\$55 p/wk
non member**

**FMI or Sign up-contact Fitness Center 325-949-1534
Email: evadena5@gmail.com**