

# Summer 2022 College Athlete and High School College Prep

JUNE 2022 CAMP: **Wednesday June 1, 2022 – Thursday June 30, 2022**

JULY 2022 CAMP: **Friday July 1, 2022 – Sunday July 31, 2022**

This camp is designed for college athletes returning home for summer break that need to keep training or for athletes preparing to leave for college. Show Up Next Year Quicker, Stronger, and Faster!

## COLLEGE ATHLETE TRAINING DETAILS

This camp is about accountability and athlete comradery – Train with others who are on the same path. It can be hard at times to push, motivate, challenge, and track your progress on your own.

We all know that each player is different and may be dealing with different ailments than their teammates. You may be tighter, weaker, or stronger in certain areas. We customize your your summer workouts so you can train more efficiently, maximizing your time off.

If you have a college summer workout program that you need to be following, we will personalize that program for you, track your development, modify exercises if needed, and to put it simply, help and assist you when you need it.

Most summer workout programs handed out by college strength coaches are general programs for all the players on the team to do on their own. They are not individualized for what that athlete may need to bring their game to the next level.

We are your accountability partner and will make sure you get the job done with maximum effort behind each exercise, workout, and drill.

If your college strength coach did not provide you with a summer workout program. We will do an assessment on you. Based on what is discovered during the assessment and your goals, we will design an effective summer training program for you.

## PRICING

**\$150.00 | 1-Month Camp (*June AND / OR July*)**

*Price includes monthly gym membership, customized workout programs, modified exercises if need, accountability, guidance, and assistance in the gym when working out if needed.*

## INITIAL AND EXIT ASSESSMENTS

An Initial Assessment will be conducted at the beginning of the program on every athlete to build a baseline and track progress throughout the duration of the program.

The initial assessment will help coaches individualize the program for each athlete.

An exit assessment will be conducted at the end of the program to give effective feedback and to show how efficiently you developed throughout the program from beginning to end.

## TRAINING SCHEDULES

*Guided Training Times with Strength Coaches are between the following hours that are listed below:*

### JUNE TRAINING DAYS and TIMES

- **Mondays through Friday** 7:30 AM – 10:00 AM
- June 1, 2022 – June 30, 2022

### JULY TRAINING DAYS and TIMES

- **Mondays – Friday** 7:30 AM – 10:00 AM
- July 1, 2022 – July 31, 2022

**If you have any questions or concerns, please call us (505) 321-5797**