

## **2024 Youth Athlete Sports Performance Summer Camps**

*Elementary School, Middle School, and High School Athletes.*

**June 2024:** Monday June 3, 2024 – Thursday June 27, 2024

**July 2024:** Monday July 8, 2024 – Thursday August 2, 2024

Unlock Your Athletic Potential this Summer at our Youth Sports Performance Camp!

Calling all elementary, middle, and high school athletes! Get ready to elevate your game to the next level with our dynamic and comprehensive summer training program. Our camp is designed to cater to athletes of all levels and ages, focusing on age-appropriate development in key areas such as speed, agility, quickness, strength, power, explosiveness, injury-prevention, and more.

### **Why Summer Training is Essential for Athletes:**

- **Stay Ahead:** Summer training provides a crucial opportunity to stay ahead of the competition by honing your skills and refining your technique during the off-season.
- **Increase Athleticism:** Increase your flexibility, speed, strength, and power.
- **Reduce the chances of injury** utilizing our injury-preventative practices, techniques, drills, and exercises.
- **Maximize Potential:** With dedicated coaching and tailored workouts, our camp empowers athletes to maximize their potential and achieve peak performance come game time.
- **Build Resilience:** Summer training builds not only physical strength but also mental resilience, instilling discipline, perseverance, and a winning mindset.
- **Elevate Your Game:** Whether you're aiming to improve your speed on the field, agility on the court, or power in the gym, our camp equips you with the tools and knowledge to take your game to new heights.

Don't miss out on this opportunity to become the best athlete you can be! Join us for an unforgettable summer of growth, development, and achievement.

**Register now to secure your spot and embark on the journey to athletic excellence!**

### **Details about Sports Performance Camps**

- You can register for the 4-week June 2024 camp, the 4-week July 2024 camp or 8 weeks to attend both the June 2024 and July 2024 camps.

- Each participant will be individually tested and tracked throughout the program
  - Initial Assessment, Mid Assessment, and Exit Assessment
- Training camps will meet 2x each week for 4 weeks or 8 weeks
- Each training session is 2 hours in length (Total training for camps 16-32 hours of training, movement drills, and sports games and activities.
- All training for each of the three groups if age appropriate. Intensity and accountability increase as the age level increases.
- 2-Hour training sessions will include the following:
  - Pre- and post-workout conditioning
  - Speed, agility, and quickness training
  - Strength, power, and explosiveness training
  - Injury-preventative training including mobility, flexibility, and balance
  - Sports-related games and activities (elementary and middle school)

### Training Days and Times

- **High School**
    - Mondays and Wednesdays – 9:00 AM – 11:00 AM
    - Tuesdays and Thursdays – 2:00 PM – 4:00 PM
  - **Middle School**
    - Mondays and Wednesdays – 11:00 AM – 1:00 PM
    - Tuesdays and Thursdays – 4:00 PM – 6:00 PM
  - **Elementary School**
    - Mondays and Wednesdays – 1:00 PM – 2:30 PM
    - Tuesdays and Thursdays – 3:00 PM – 4:30 PM
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**Cost:**

**High School**

- **June 2024:** \$299.99 + Tax
- **July 2024:** \$299.99 + Tax
- **June and July 2024:** \$550.00 + Tax

**Middle School**

- **June 2024:** \$299.99 + Tax
- **July 2024:** \$299.99 + Tax
- **June and July 2024:** \$550.00 + Tax

**Elementary School**

- **June 2024:** \$249.99 + Tax
- **July 2024:** \$249.99 + Tax
- **June and July 2024:** \$450.00 + Tax

**Camp Training Days and Dates**

**June 2024: Monday and Wednesdays**

Week	Day 1	Date	Day 2	Date
Week 1	Monday	June 3, 2024	Wednesday	June 5, 2024
Week 2	Monday	June 10, 2024	Wednesday	June 12, 2024
Week 3	Monday	June 17, 2024	Wednesday	June 19, 2024
Week 4	Monday	June 24, 2024	Wednesday	June 26, 2024

**June 2024: Tuesdays and Thursdays**

Week	Day 1	Date	Day 2	Date
Week 1	Tuesday	June 6, 2024	Thursday	June 6, 2024
Week 2	Tuesday	June 11, 2024	Thursday	June 13, 2024
Week 3	Tuesday	June 18, 2024	Thursday	June 20, 2024
Week 4	Tuesday	June 25, 2024	Thursday	June 27, 2024

**July 2024: Monday and Wednesdays**

Week	Day 1	Date	Day 2	Date
Week 1	Monday	July 8, 2024	Wednesday	July 10, 2024
Week 2	Monday	July 15, 2024	Wednesday	July 17, 2024
Week 3	Monday	July 22, 2024	Wednesday	July 24, 2024
Week 4	Monday	July 29, 2024	Wednesday	July 31, 2024

**July 2024: Tuesdays and Thursdays**

Week	Day 1	Date	Day 2	Date
Week 1	Tuesday	July 9, 2024	Thursday	July 11, 2024
Week 2	Tuesday	July 16, 2024	Thursday	July 18, 2024
Week 3	Tuesday	July 23, 2024	Thursday	July 25, 2024
Week 4	Tuesday	July 30, 2024	Thursday	August 1, 2024

**FAQ**

**1. If we pay for June 2024 and miss sessions, can we make those sessions up in the July 2024 camp?**

- a. No. The only way missed sessions can be made up is in our weekly sports performance classes Monday – Thursday. Please refer to class schedule for days and times.

**2. Is there any discount for siblings who are doing the camp together?**

- a. No sibling discounts

**3. What if my child or teen does not like the camp? Can I get a refund?**

- a. No, we do not give out refunds if your child or teen does not like the camp. However, you do have the following options:
  - i. The remaining balance can be applied to a monthly membership
  - ii. The remaining balance can be applied to 1-on-1 private training (If the amount applied does not cover the entire cost, customer will be responsible for the difference.

**4. What if my child gets hurt or injured outside of TAP and cannot attend the camp anymore, can I get a refund?**

- a. No, we do not give out refunds if your child or teen gets hurt or injured outside of the camp. However, you do have the following options:



- i. The remaining balance can be applied to a monthly membership
- ii. The remaining balance can be applied to 1-on-1 private training (If the amount applied does not cover the entire cost, customer will be responsible for the difference).

