



# **WINTER SPEED**

**&**

# **JUMP CAMP**



**Day & Time:** M/Tu/W/Th @ 6pm (60 Min Sessions)

**1st Session:** November 13

**Last Session:** Jan 11th

**Size:** Large Group CO-ED (Max: 20.)

**Ages** 13-18 (Only 10 Spots Available)

***\*No sessions on Thanksgiving,  
Christmas, or 12/26***

# Our 3 ATHLETIC Pillars:

- **“PLAY LOW”**

- The best athletes are able to move in ALL scenarios while keeping a LOW center of mass

- **Run & Jump QUICKLY**

- The ability to “spring” and reactive off the ground with a “relaxed-effort” (think “gazelle” or “Kangaroo”)

- **Rotational Movement**

- This is the FOUNDRATION of ALL athletic movement!

## Testing

We will Test every athlete's 10-Yard Split (Laser Timer), Standing Vertical Touch (Feet), & Sport-Specific Approach Jumps (Feet)

## Pricing

**8 Session Package (\$300)**

**12 Session Package (\$400)**

**20 Session Package (\$500)**