



MEN'S & WOMEN'S ELITE HS TRACK TRAINING

(Incoming 9th – 12th Graders)

TUE. MAY 26TH – THU. JULY 2ND

(SEE DETAILS ON BACK)



REGISTER @ [ATLETSports.COM/CAMPS](https://atletsports.com/camps)



PERFORMANCE TRAINING



LATERAL AGILITY



SPEED TRAINING



PLYOMETRICS



ATLET *ELITE TRACK*

TRAINING PROGRAM

TRAINING SCHEDULE:

MON (11:30am – 12:45pm) – Total Body Strength & Stability

TUE (11:30am – 12:45pm) – Speed Training

WED (11:30am – 12:45pm) – Total Body Strength & Stability

THU (11:30am – 12:45pm) – Speed Training

Atlet Trained Performance T-Shirt

LOCATION

ATLET SPORTS TRAINING FACILITY

COST

\$385 / ATHLETE (\$192.50 x 2MO CREDIT CARD)

REGISTRATION

ATLETSports.COM/CAMPS