



PALMER HS SUMMER TRAINING

TRAINING FOR INCOMING 7TH-12TH ATHLETES



Speed Training



ACL, Ankle, & Shoulder Prehab



Strength & Plyometrics



Movement Preparation

Location

Palmer HS Indoor Facility

Cost

\$175 / Athlete

Dates

June 1st - July 29th

Times

Mon. – Thur.
HS Women: 9:00am - 11:00am
Middle: 9:00am - 11:00am

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

“Palmer HS Summer Training”

Email info@atletsports.com for any questions