



WALNUT GROVE SUMMER PERFORMANCE CAMP '19

8 WEEK TRAINING FOR INCOMING 6TH – 8TH ATHLETES



Speed Training



ACL, Ankle, & Shoulder Prehab



Strength & Plyometrics



Movement Preparation

Location

Heritage HS
Weight Room

Cost

\$165 / Athlete
(Payment Plan Option)

Dates

June 10th –
August 15th
(Off July 1-4 & July 29-Aug. 1)

Times

Mon. – Thur.
7:00am – 9:00am

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

“WGMS SUMMER ATHLETICS”

Email info@atletsports.com for any questions