



# YOUTH MEN & WOMEN ALL-SPORT SUMMER

(AGES 6-8) MON. JUNE 6<sup>TH</sup> – MON. AUGUST 1<sup>ST</sup> (OFF JULY 4<sup>TH</sup>)

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



**PERFORMANCE TRAINING**



**VIDEO ANALYSIS**



**SPEED TRAINING**



**PLYOMETRICS**



# ATLET YOUTH ALL-SPORT (AGES 6-8)

## TRAINING PROGRAM

### MORNING GROUP -

- MON (8:00am – 8:45am) – Total Body Strength, Speed, & Development

### EVENING GROUP -

- MON (5:30pm – 6:15pm) – Total Body Strength, Speed, & Development

### Training Includes:

Free Atlet Trained Performance T-Shirt

## LOCATION

ATLET SPORTS TRAINING FACILITY

## COST

\$175/ATHLETE (\$175 x 2MO CREDIT CARD)

## REGISTRATION

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