



PALMER HS SUMMER TRAINING '19

9 WEEK TRAINING FOR INCOMING 7TH-12TH ATHLETES



Speed Training



ACL, Ankle, & Shoulder Prehab



Strength & Plyometrics



Movement Preparation

Location

Palmer HS
Indoor Facility

Cost

\$175 / Athlete
(Payment Plan Option)

Dates

June 3rd –
August 8th

Times

Mon. – Thur.
HS Men: 7:00am – 9:00am
HS Girls: 9:00am – 11:00am
Middle School: 9:00am – 11:00am

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

"Palmer HS Summer Training"

Email info@atletsports.com for any questions