**Summer Speed & Agility Camp**

In preparation for Fall competition, keep your student athlete engaged through the summer with Power Athletes Summer Camp. Lead by Certified Personal Trainer and Sports Performance Coach Roger Hutkay, this camp is designed to maintain an active lifestyle for the middle school and high school athletes, leaving them feeling more confident for their participation in sports.

Start Date: June 17th

When: Tues & Thurs 1-2pm or 2-3pm

Where: Olmsted Community Center

End Date: July 24th

Cost: $8/ session or $70 for all 12 sessions. (6 weeks)

**Please Register at: www.olmstedcc.com**

This camp will meet the needs of young athletes to learn basic and advanced concepts. Safe and efficient movement patterns will be emphasized. We will work to develop:

* Fundamentals of Athleticism
* Agility and Coordination
* Speed (to build a strong foundation for involvement in sports)
* Sprint Mechanics
* Acceleration / Deceleration & Change of Direction
* Joint Stability/Injury Prevention

Please feel free to share this information with your neighbors, teammates, and anyone else who may be interested. Feel free to contact me with any additional questions.

Hope to see you there!