

ELEVATION



FITNESS



PERFORMANCE CAMP 21

BEGINS JULY 5 - AUGUST 12

Full Program: Speed + Functional Strength

**Mons/Tues/Weds/Thurs
9:00 -12:00**

Movement & Speed

9:00-10:15

Snack Break

10:15-10:45

Functional Strength

10:45-12:00

***RECOMMENDED FOR 12-18YRS OLD**

Program Options:

1 Week \$199.00

4 Weeks \$649.00

6 Weeks \$799.00



Morning Speed Only:

1 Week \$149.00

9:00-10:15

4 Weeks \$449.00

6 Weeks \$599.00

***RECOMMENDED FOR 8-11YRS OLD**

ELEVATION FITNESS

FOR MORE INFO CALL: 604 576 6688

Contact: daud@elevationfit.ca

208-15110 54A Ave Surrey, BC

www.elevationfit.ca



YOUTH KICKSTART 8-12 YEARS

[Learn to Train]:

Fundamentals & Foundation

Improving fundamental athletic skills & self esteem for young athletes

- ABC's (Agility, Balance, Coordination)
- Running Technique/Mechanics (building the foundation for speed development)
- First Step Quickness
- Flexibility (Dynamic and Static)
- Body Weight Strength
- Injury Prevention (learning proper warm up & cool down)
- Self Confidence

ATHLETIC GRIND 12-17 YEARS

[Train to Train]:

Develop & Enhance Athletic Performance

- Improve Speed – acceleration, change of direction, top end speed
- Increase Strength and Power – introduction to strength training for sport
- Injury Prevention
- Mental Focus & Preparation
- Nutritional Guidance
- Self Confidence
- Introduction of sport specific training
- Education of how to train like an athlete
- Every athlete will learn the fundamentals of speed, agility, and athleticism from the EF 6 step system.

Our camps are open to youth of all ability levels and will deliver an experience that improves fitness, builds character, develops speed, power, strength and increases confidence!