

ELEVATION



PERFORMANCE CAMP 2025

**BEGINS
JULY 7 - AUGUST 14**

Full Program: Speed + Functional Strength

**Mons/Tues/Weds/Thurs
9:00 AM -11:30AM**

Movement & Speed

9:00-10:00

Snack Break

10:00-10:15

Functional Strength

10:15-11:30

***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

9:00-10:00

4 Weeks \$449.00

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

6 Weeks \$599.00

ELEVATION FITNESS

TO REGISTER OR MORE INFO CALL:

604 576 6688

Contact: david@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 12-18 YEARS

Train to Train

Develop & Enhance Athletic Performance

- Maximize 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
- Strength training for Sport
- 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!