

2011 SUMMER CAMPS

Help improve athletic performance, prevent injuries and promote longevity through sports-specific speed and power training

- **Speed and agility drills**
(Improve your 40 yd dash times!)
- **Change of direction drills**
- **Resistance training**



- **Plyometric training**
(Increase your Vertical Jump!)
- **Strength and Conditioning**
- **Flexibility and stability exercises**

Session dates:

Session 1: June 6th – 30th / 1st (4 weeks)

Session 2: July 11th – Aug. 4th / 2nd (4 weeks)

Session 3: August 8th – 18th / (2 weeks)

You choose Strength training, Speed training, or Both!

(To compliment your summer school workouts)

Times (Mondays through Thursdays):

College Athletes: 10:30-12 noon or 6:30-7:30 pm

High School Athletes: 10:30-12 noon or 6:30-7:30 pm

Middle School Athletes: 9-10:15 am or 5:30-6:30 pm

4th and 5th graders: 9-10:15 am or 5:30-6:30 pm

(Evening sessions and Make-ups available Monday through Thursday at 5:30 and 6:30 pm)

Summer camp cost:

Choose any 2 weeks: \$130 + \$25 registration (Includes shirt)

Choose any 4 weeks: \$200 + \$25 registration (Includes shirt)

Enroll before:

- **May 1st and waive the reg. fee + \$25 off any session!!!**
- **May 15th and waive the reg. fee + \$10 off any session!!**
- **May 29th and waive the \$25 registration fee!**

Early bird
special

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Come train with our Collegiate and Pro Coaching staff!



To register call (940) 391-3711 or go to:

www.EdgeSportsFitness.com



Locations: 418 Enterprise Dr., Edmond, OK 73013

3575 Thompson Rd., Ste. A, Keller, TX 76244