

MIDLOTHIAN PANTHER
STRENGTH AND CONDITIONING
Summer Camp 2010



Speed, Power, Strength, Agility, and Performance Training
with Athletes Enhancement

- Team Summer Strength and Conditioning for INCOMING 7TH AND 8TH GRADE ATHLETES
 - Camp will focus on Movement Prep, Core Strength, Intro to Advanced Core Lifts (i.e. Olympic Lifting, Squat “Technique”, etc), Speed and Conditioning, and On-Field Movement Skills
 - Sessions Run Monday-Thursday and are generally 1hr to 1hr and 15min
 - Each session’s Movement Prep/Stretching to begin at 5:00pm
- Summer Program Runs June 7th - July 30th
 - 7 Weeks Training
- Cost is 1 Payment of \$130
 - Due Date will be Tuesday June 1st
 - Payment Plans Available Upon Request
 - Mail Release Form (AthletesEnhancement.com) and Check to Below Address
 - Make all checks payable to “Athletes Enhancement”
- Locations: All sessions will be held on location at Panther Weight Room and Practice Field
- Program Benefits
 - Certified Strength and Conditioning Coach
 - Trains NFL, MLB, and Division 1 Athletes
 - Division 1 Strength Program Organization
 - Emphasis on Strength, Core Training, Speed/Agility, Fast-Twitch Capacity, and Recovery
 - Easier transition into Physical and Mental Demands of the 2-a-Day Practice Schedule
- All Athletes must sign Release Waiver
- No Refunds or make-ups for missed sessions

Athletes Enhancement
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