

## Sports Performance Holiday Camps

December 26<sup>th</sup>-28<sup>th</sup>, 2012

The results are unanimous – our training works. Come see for yourself. We train more athletes across the country than anyone else, and our client results are largely why we are the industry leader in providing advanced sports performance training for athletes of all ages and skill levels. We'd love to get you started on attaining your athletic dreams.

Many of our training techniques are based on intense training programs created for highly competitive collegiate athletes. In addition to our basic speed, agility and strength training, these camps will focus on sharpening your sport specific skills needed to improve your game.

# While everyone else is taking a break AKE YOUR GAME TO THE NEXT LEVEL

#### Youth (ages 8-11)

Football Performance Camp 9:00AM-10:30AM

**Basketball Performance Camp** 9:00AM-10:30AM

Baseball/Fastpitch Performance Camp 9:00AM-10:30AM

> Volleyball Performance Camp 1:00PM-2:30PM

Soccer Performance Camp 1:00PM-2:30PM

### Developmental (ages 12-14)

Football Performance Camp 10:30AM-12:00PM

Basketball Performance Camp 10:30AM-12:00PM

Baseball/Fastpitch Performance Camp 10:30AM-12:00PM

> Volleyball Performance Camp 2:30PM-4:00PM

Soccer Performance Camp 2:30PM-4:00PM

## **Only \$99!**

Register online at www.velocitysp.com/champlir

