Princeton Club is proud to present Sports Performance Training for all athletes. This 6 week, *high performance* training camp will teach the athlete how to improve their game and over all athleticism; each training session will challenge the athlete to further develop skills needed to compete at the next level by focusing on key elements.

Program Key Elements:

\*Athletic Power & Strength to increase Speed

\*Improve Stamina

\*Total Body Conditioning

\*Acceleration, Agility, Control, & Balance

\*Plyometric training to increase Explosive Power

\*Nutrition for Performance

\*Positive Mental Mind Set needed to compete & perform

\*Education on Proper Warm-up technique & progression

\*Injury Prevention exercises to create the *Long Term Athlete*

\*Flexibility & Mobility with an emphasis on care for the shoulders, hips, knees and ankles.

\*Weight Room Safety

Create the *Total Athlete*: this involves more than strength and speed. It is about developing character, confidence and skills for a standout team player. Program key elements better athleticism, with a large focus on care for the athlete’s growing and developing body, which is paramount in creating the Long Term Athlete.

June 12-July 21 Priscilla Peterson

Mondays & Fridays 11am-12PM Sports Performance Trainer

Wednesdays 7:45-8:45PM Princeton Club West

Cost: $180 8080 Watts Rd Madison

Register at the front desk priscilla@princetonclub.net