

TRAIN. COMPETE. GROW.

SPORTS ACADEMY

4 WEEKS OF TRAINING, COMPETITION & FUN!

★ BUILDING STRONG ATHLETES. BUILDING STRONG LEADERS. ★



FLAG

FOOTWORK, SKILLS, STRATEGY & GAMES



SOCCER

TECHNICAL TRAINING, FUTSAL & GAMES



AGILITY & STRENGTH

SPEED, CONDITIONING, STRENGTH TRAINING

WHAT TO EXPECT

- ✓ Improve speed, strength & athletic performance
- ✓ Learn new skills & build confidence
- ✓ Compete in fun challenges & team games
- ✓ Make new friends
- ✓ Develop leadership & character

TRAIN HARD.
HAVE FUN.
BECOME YOUR BEST!



DAILY INCLUDES



STRENGTH TRAINING & CONDITIONING



SPORT SKILLS & GAME PLAY



COMPETITIONS, TEAM CHALLENGES & LEADERSHIP



FUN, LAUGHS & MEMORIES!

2 SESSION OPTIONS

SESSION 1

JUNE 8 – JUNE 18
MONDAY – THURSDAY

SESSION 2

JULY 13 – JULY 23
MONDAY – THURSDAY

ALL 4 WEEKS

\$225

FOR BOTH 2-WEEK SESSIONS!

PROGRAM DETAILS



TIME:
3:30 PM – 5:30 PM



LOCATION:
SCHOOL FIELD, GYM & WEIGHT ROOM



BOYS & GIRLS
ENTERING 5TH – 8TH GRADE



BRING: WATER BOTTLE,
CLEATS, ATHLETIC SHOES
& POSITIVE ATTITUDE!

END OF SUMMER
CHAMPIONSHIP
& PRIZES! ★



SPOTS ARE LIMITED!
SIGN UP TODAY!

DON'T MISS OUT ON THE BEST SUMMER YET!



AWESOME PRIZES
& GIVEAWAYS!



TRAIN LIKE A CHAMPION. ★ PLAY WITH PURPOSE. ★ LEAD WITH CHARACTER.