



ATHLETE SUMMER CAMP

June 13th - Aug 12th



Mon, Wed & Thur 10-11am
FREE Class on Sat 9-10am (open to public)

Practice Crossfit's Summer Athlete Camp is designed to bring high school athletes to the next level in their fitness, strength and conditioning, and overall performance on the field. Trained by Crossfit Level 1 certified trainers, athletes will work on improving multiple components of fitness including strength, power, speed, agility, balance, endurance, flexibility, and accuracy. Dynamic stretching and extensive mobility work will be done before and after classes to ensure optimal performance and injury prevention. Athletes will learn mobility techniques that can be applied throughout the sports season.

Cost: \$200 per athlete

For more details, visit gopractice.biz and click on Athlete Summer Camp under the Athlete Preparation section.

