

ATHLETIC PERFORMANCE 2024



*IMPROVE YOUR SKILLS AND HAVE FUN
DURING THE SUMMER*

JULY 8 - 11, 2024

PROGRAM DETAILS:

AGE GROUP:

**INCOMING
6/7/8 GRADERS**



Pricing:

- 1 Session = \$75 per athlete
- 2 Sessions = \$150 per athlete
- 3 Sessions = \$200 per athlete

Monday - Thursday
60 Minute Training Sessions

Limited spots per session

Focus Areas:

- Basketball skill development
- Strength & Agility
- Soccer skill development

Girls Session Times:

- Session 1: 8:00 - 9:00 (Basketball)
- Session 2: 9:15- 10:15 (Strength training)
- Session 3: 10:30 - 11:30 (Soccer)

Boys Session Times:

- Session 4: 12:00 - 1:00 (Basketball)
- Session 5: 1:15- 2:15 (Strength training)
- Session 6: 2:30 - 3:30 (Soccer)

WHAT TO EXPECT:

Athletic Performance camp provides a structured and focused environment where participants can enhance their skills and improve their overall performance. Through specialized coaching and training sessions, athletes can receive personalized guidance and instruction to develop their technique, agility, and fundamentals. Additionally, AP camp fosters a sense of camaraderie and teamwork, allowing participants to interact with like-minded individuals who share their passion for sports.



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REGISTER ON HORIZON'S ATHLETIC WEBPAGE
OR USE THE QR CODE



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